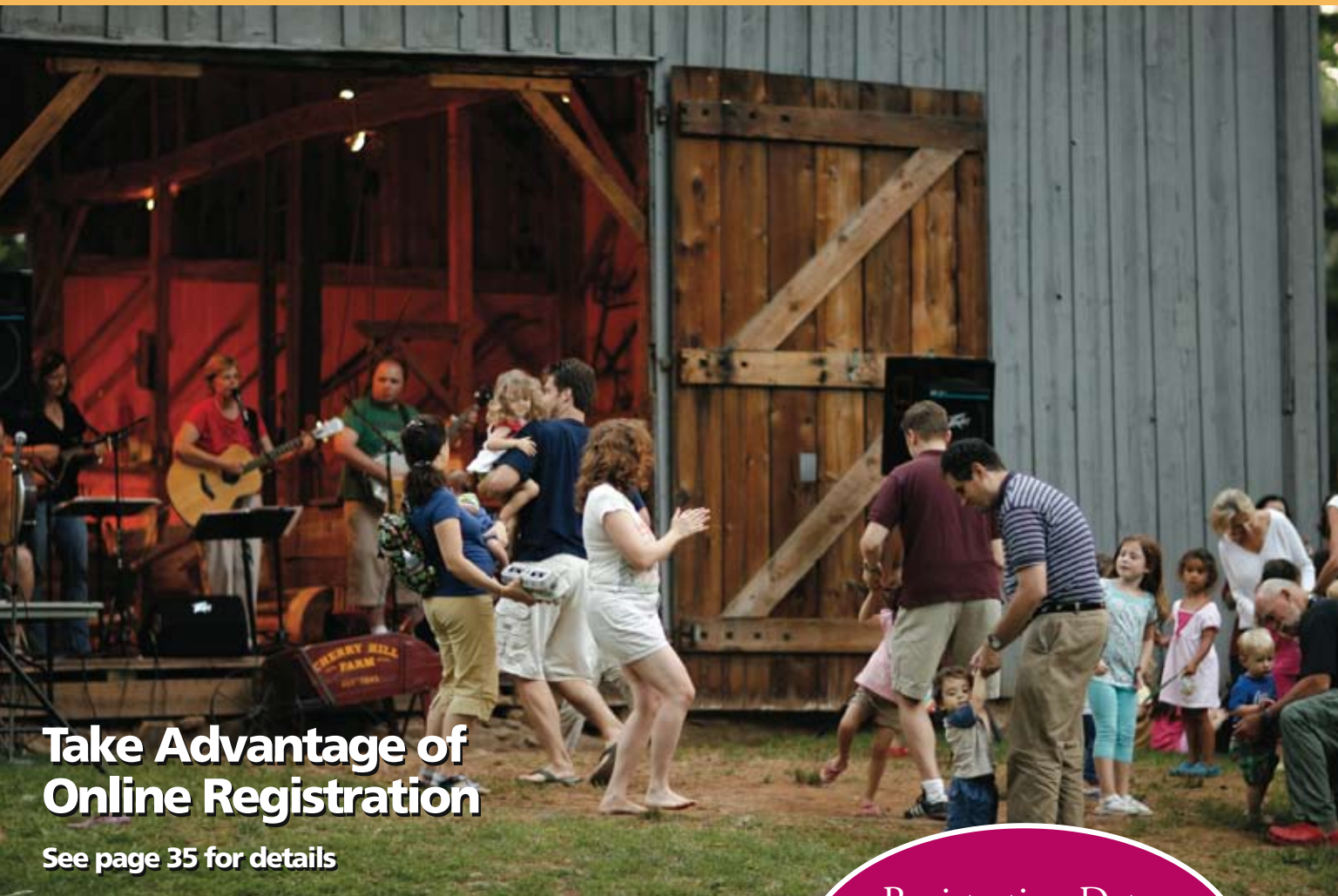




Falls Church Recreation and Parks

Fall 2010



**Take Advantage of
Online Registration**

See page 35 for details

photo by Gary Mester

Registration Dates

Residents: August 23

Non-Residents: August 30

www.fallscurchva.gov • 703-248-5077 TTY 711

Farmers' Market



photo by Gary Mester

OPEN YEAR ROUND!

Saturdays in City Hall Parking Lot,
300 Park Avenue

April 3-December 18, 2010, 8am-Noon

January 1-March 26, 2011, 9am-Noon

Enjoy fresh fruit, vegetables, flowers and more!

Sunset Cinema

Friday evenings, September 3, 17, and 24
8pm or dusk at Cherry Hill Park

Not just one, but three evenings full of free fun for the entire family! Bring a blanket and bug spray and spend the evening watching a movie on our large outdoor screen. Popcorn, candy and drinks will be available for purchase. Movie titles will be announced closer to the event date.



35th Annual Taste of Falls Church at the Fall Festival



photos by Gary Mester

Saturday, September 11, 10am-4pm
Cherry Hill Park, 312 Park Avenue
Free Admission

Enjoy a day full of live entertainment, children's activities, amusement rides and more. Be sure to bring an appetite as local restaurants will be sampling their unique cuisine! Come and visit the many local civic organizations, businesses, artists and craft vendors that will be present.

17th Annual Farm Day

Saturday, October 9, 10am-3pm
Cherry Hill Park, 312 Park Avenue

Enjoy hayrides, pony rides, a petting farm, scarecrow making, pumpkin painting, blacksmithing and more.

For scarecrows please bring a long sleeved shirt, long pants and an old pair of pantyhose. For more information call 703-248-5171.



Halloween Carnival

Saturday, October 30, 6-7pm Infants to 2nd Graders,
7:30-8:30pm 3rd to 5th Graders
Falls Church Community Center,
223 Little Falls Street

Tons of candy, games, face painting, a live creepy creature show and more! Fun for the entire family!

tentative



Veterans Day Ceremony

Thursday, November 11, 11am
Falls Church Veterans Memorial
223 Little Falls St.

18th Annual Holiday Craft Show

Saturday, December 4, 9am-4pm
Sunday, December 5, 11am-4pm
Falls Church Community Center,
223 Little Falls St.

Come enjoy over 60 juried crafters selling handmade items. Admission is \$1 Children under 12 free.

Event Sponsorships Available!

The City of Falls Church has many sponsorship opportunities for its special events. To learn more about how you or your business can sponsor a City special event, please contact Jenny Elmore at 703-248-5199 or jelmore@fallschurchva.gov.

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Recreation & Parks Staff

Howard E. Herman, *General Manager of Community Services*
 Daniel J. Schlitt, *Deputy Director*
 Jenny Elmore, *Special Events, Senior Program Supervisor*
 Chris Madison, *Sports Coordinator, Program Supervisor*
 Debbie Woodbury, *Hobby Class Coordinator, Program Supervisor*
 Tracy Browand, *Senior Recreation Specialist*
 Amy Maltese, *Teen and Camp Coordinator, Recreation Specialist*
 Diane Morse, *Cherry Hill Farmhouse Coordinator*
 Kristina Loerch, *Senior Administrative Assistant*
 Lisa Reid, *Administrative Assistant*
 Lawrence Goff, *Senior Crew Leader, Parks and Landscape Maintenance*
 Charles Jones, *Landscape Maintenance Worker*
 Juan Salguero, *Building Maintenance Worker*
 Sonny Sikhhattana, *Building Maintenance Worker*

Recreation and Parks Advisory Board

Charles O'Hara, *Chair*
 Joyce Simpson, *Vice Chair*
 Leslie Rye
 Ruth Rodgers
 Kathryn Chandler
 Beth Stoffel



General Information

Community Center Hours of Operation

Monday-Thursday: 8am-10pm
Friday: 8am-11pm
Saturday: 8:30am-11pm
Sunday: 2-6pm (April-December)
12-6pm (January-March)

Holiday Schedule

The building will be closed August 30-September 3, September 6, and November 25.

Hobby Class Holiday Schedule

No classes are held on Oct. 11, Oct. 30, Nov. 11, Nov. 25-27, and Dec. 3-5

Youth Gym Time

Ages 18 and under only: Monday-Friday, 3-5pm.

Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7pm-12 midnight

Adult Gym Time

Ages 19 and over only: Monday, 8-10:30pm.

Open Gym Pricing

Register at the front desk before entering the gym

City Residents: Free

Non-City Residents 18 and under or 65 and over: Free

Non-City Residents 19-64: \$3

Hotline: 703-248-5077

Call for current schedule.

Phone Numbers

Recreation & Parks Division Office 703-248-5077

Falls Church Community Center 703-248-5077

Falls Church Senior Center 703-248-5020

Teen Center Office 703-248-5307

Cherry Hill Farmhouse 703-248-5171

Fax 703-536-8150

Facility Locations

Falls Church Community Center

223 Little Falls Street

Cherry Hill Farmhouse

312 Park Ave.

George Mason High School

7124 Leesburg Pike

Brochure Availability

The brochure is available on-line at www.fallschurchva.gov.

If you are a non-resident and prefer a mailed copy, please call 703-248-5077 or email recreation@fallschurchva.gov.

Registration Dates

Residents: August 23

Non-Residents: August 30

Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Cindy Mester, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call 703-248-5077, (TTY 711).

SPECIAL SERVICES

Yard Waste Stickers: May be purchased in \$5 increments at the Falls Church Community Center, 223 Little Falls Street. Exact cash and Visa, MasterCard, American Express and Discover accepted.

NVRPA Bike Trail Maps: \$4 at the Falls Church Community Center, 223 Little Falls St. Exact cash and Visa, Mastercard, American Express and Discover accepted.

Picnic Shelters: Shelters in four City parks (Cherry Hill, Roberts, Madison and Berman Parks) can be reserved. Call 703-248-5077 for availability, fees and application.

Tennis Courts: Lighted courts at Cavalier Trail Park, George Mason HS and the Community Center can be reserved by city residents. Unlighted courts on Cherry Street are first come, first served. Reservations for lighted courts can be made up to one day in advance. Please call 703-248-5077 for reservations.

PARTY IN THE GYM

Parties in the gym at the Falls Church Community Center are ideal for all youth from your toddler to your teen. This package includes a party room for three hours with exclusive access to half the gym for one of those hours. Best of all, this package will allow access to a variety of equipment including tot-time play equipment, tricycles, scooters, and sports equipment for soccer, softie polo, or basketball. This package is available for parties of 40 or less. The fee is \$90 for City Residents and \$180 for non-City Residents.

PARTY IN THE TEEN CENTER

Rent our Teen Center for three hours and your guests will have exclusive use of our air hockey, ping pong, foosball and pool tables. You can also show a movie on our big screen! This room also features a microwave, refrigerator and serving counter making it an ideal location for serving refreshments. This package is available for parties of 50 or less. The fee is \$100 for City Residents and \$200 for non-City Residents.

For availability and other inquiries, please contact the Falls Church Division of Recreation and Parks at **703-248-5077**.

An additional security deposit will be required.

Cherry Hill Farmhouse

Falls Church Farm Day

Enjoy a day of old-fashioned fun at Cherry Hill Park. Activities will include horse drawn hayrides, a petting farm, pony rides, pumpkin painting, scarecrow making, live music and more. Free admission. A fee will be charged for some activities.

Location: Cherry Hill Park **Date:** Saturday, October 9

Time: 10am-3pm **Fee:** charged for some activities

Readings From Beyond The Grave

Listen if you dare to ghostly readings by the Victorian Society in the farmhouse parlor. Refreshments served.

Location: Cherry Hill Farmhouse **Date:** Friday, October 22

Time: 8pm **Fee:** \$5

Tea & Scones Cooking Class

Learn how to brew the perfect pot of tea and make scrumptious scones and lemon curd in this two hour workshop.

Location: Cherry Hill Farmhouse **Date:** Saturday, November 6

Time: 10am-12noon **Fee:** \$20

Civil War Thanksgiving

Watch reenactors recreate a Civil War Thanksgiving as they host the holiday meal and entertain guests.

Location: Cherry Hill Farmhouse **Date:** Saturday, November 27

Time: 11am-2pm **Fee:** Free Admission

Children's Holiday Shop

Volunteers will help children purchase and wrap inexpensive holiday gifts for friends and family. Items are between \$1-\$6.

Location: Cherry Hill Farmhouse **Date:** Saturday, December 4

Time: 10am-2pm

Victorian Ornament Workshop for Kids

Make a beautiful Victorian ornament to take home and learn about decorations in Victorian times. For ages 8 and up.

Location: Cherry Hill Farmhouse **Date:** Saturday, December 11

Time: 10am-12noon **Fee:** \$5

A Victorian Christmas by Candlelight

Enjoy caroling, refreshments and a candlelight tour. See the farmhouse in all of its holiday splendor. Victorian decorations and toys will be displayed throughout the house.

Location: Cherry Hill Farmhouse **Date:** Saturday, December 11

Time: 5-8pm **Fee:** \$6 Adults, \$2 Children

Holiday High Tea

Enjoy a full tea of sandwiches, sweets and scones in the decorated historic farmhouse. At this tea, collector Linda Laugh will discuss Victorian ornaments. Private teas can be arranged for groups of 10 or more.

Location: Cherry Hill Farmhouse **Date:** Sunday, December 12

Time: 2pm **Fee:** \$26



Cherry Hill Farmhouse

312 Park Avenue

703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts special events and is available for rent for special occasions.

Cherry Hill Farmhouse was built in 1845. The well-preserved house is an excellent example of a Greek Revival style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold his produce at the Centre Market in Washington, D.C. Mr. Blaisdell managed to successfully farm the property through the Civil War. The City of Falls Church now owns Cherry Hill. The household furnishings and antique tool collection in the barn are owned by the Friends of Cherry Hill Foundation. Today reenactments, concerts, readings, lectures, and teas take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops and school children by calling 703-248-5171. The house is open to the public between the hours of 10am and 3pm, Monday through Thursday. April through October the house is also open on Saturdays between the hours of 10am to 1pm.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated event. For larger parties, the outside grounds can be used and a tent is recommended. Reservations are made through the Recreation and Parks Division at 703-248-5077. For more information on any events taking place at Cherry Hill, call Diane Morse at 703-248-5171.

Infant and Tot Classes

Kindermusik® Birth-2 years

Each class is lead by a child development expert, and includes IQ-boosting American Sign Language, Spanish, instrument play, songs, parachute play, parent education, a research-packed weekly e-mail, and professional monthly newsletter. Come join us in Zoom Buggy as we explore the many ways Baby and Parent can zoom! Your home materials are included in the class fee and include a CD of beautifully arranged songs from class, 2 art banners, a board book, an instrument for music-making at home and downloadable home activity journal. See pictures, videos, and schedule make-up classes at www.ParentChildU.com!

Instructor: Tracey Kretzer

Location: Community Room

Activity #	Date	Time	Fees
110607-A	Sun: 9/19-10/24	3-3:50pm	R: \$138 / NR: \$148
110607-B	Sun: 9/19-10/24	4-4:50pm	R: \$138 / NR: \$148

Music Together with Spanish

Birth-4 years

This class is a regular Music Together music and movement class primarily for Spanish-speakers using an English language Music Together Music Set. \$20 discount for siblings. \$38 is due to instructor

at the first class for required Music Set which includes 2 CDs and Songbook of the semester's music and our new "Music Together at Home" Booklet and Music Together DVD. A Spanish version of the songs and activities provided.

Instructor: Maddy O'Neill-Dean

Location: Community Room

Activity #	Date	Time	Fees
110609-A	Wed: 9/15-11/17	11:15am-12pm	R: \$175 / NR: \$185



NEW!

Music Together

Birth-4 years

Music Together is a community of families sharing songs, instrument play, movement, dance, and rhythm activities in a musically rich, relaxed, playful, and nonperformance setting. Music Together classes build on your children's natural enthusiasm for music and movement. Together we develop their musical skills - singing in tune, keeping a beat, and having the most amount of fun doing it! Babies 9 months and younger attend FREE with a registered sibling. \$38 is due to instructor at the first class for required music set which includes 2 CDs and Songbook of the semester's music and our new "Music Together at Home" Booklet and Music Together DVD. One set per family. Siblings are FREE for session K. \$20 discount for siblings. And for the fall semester: FREE MUSIC TOGETHER TOTE BAG! For further information and to watch our Music Together video visit www.MusicWithMaddy.com. Music with Maddy voted "BEST TODDLER PROGRAM" by readers of Northern Virginia Magazine, June 2009.



Activity #	Date	Time	Fees
Instructor: Maddy O'Neill-Dean			
Location: Community Room			
110608-A	Mon: 9/13-11/15	9:15-10am	R: \$175 / NR: \$185
110608-B	Mon: 9/13-11/15	10:15-11am	R: \$175 / NR: \$185
110608-C	Mon: 9/13-11/15	11:15am-12pm	R: \$175 / NR: \$185
110608-D	Tue: 9/14-11/16	9:15-10am	R: \$175 / NR: \$185
110608-E	Tue: 9/14-11/16	10:15-11am	R: \$175 / NR: \$185
110608-F	Tue: 9/14-11/16	11:15am-12pm	R: \$175 / NR: \$185
110608-G	Tue: 9/14-11/16	12:30-1:15pm	R: \$175 / NR: \$185
110608-H	Wed: 9/15-11/17	9:15-10am	R: \$175 / NR: \$185
110608-I	Wed: 9/15-11/17	10:15-11am	R: \$175 / NR: \$185

Instructor: Susan Alverson

Location: Dance Room

110608-J	Thu: 9/23-12/2*	10-10:45am	R: \$175 / NR: \$185
110608-K	Thu: 9/23-12/2*	11-11:45am	R: \$175 / NR: \$185

*No class dates 11/25

FREE DEMONSTRATION CLASSES: Please join Maddy Sept 7 & 8 at 10 and 11am or Susan Sept. 9 at 10 & 11am for a free class. Come see what all the fun is about. No registration required. For new families only.

Music Together Family Favorite Birth-4 years

Uses the Music Together Family Favorites CD. Some Holiday Music will also be included. Music Together is a community of families sharing songs, instrument play, movement, dance, and rhythm activities in a musically rich, relaxed, playful, and nonperformance setting. All Music Together Family Favorites classes made up of family-style classes of mixed ages. Babies 9 months and younger attend FREE with a registered sibling. \$16 due to instructor for required CD.

Instructor: Maddy O'Neill-Dean

Location: Community Room

Activity #	Date	Time	Fees
110610-A	Mon: 11/29-12/13	9:15-10am	R: \$50 / NR: \$60
110610-B	Mon: 11/29-12/13	10:15-11am	R: \$50 / NR: \$60
110610-C	Mon: 11/29-12/13	11:15am-12pm	R: \$50 / NR: \$60
110610-D	Tue: 11/30-12/14	9:15-10am	R: \$50 / NR: \$60
110610-E	Tue: 11/30-12/14	10:15-11am	R: \$50 / NR: \$60
110610-F	Tue: 11/30-12/14	11:15am-12pm	R: \$50 / NR: \$60
110610-G	Wed: 12/1-12/15	9:15-10am	R: \$50 / NR: \$60
110610-H	Wed: 12/1-12/15	10:15-11am	R: \$50 / NR: \$60
110610-I	Wed: 12/1-12/15	11:15am-12pm	R: \$50 / NR: \$60

NEW!

Toddler & Youth Classes

Art in Hand Tots 18 months-3 years

This Tots class is specially designed by an experienced art therapist to engage the very youngest artists in developmentally appropriate, process-oriented art. Each week an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting, or mixed media construction. In this fall session, participants will enjoy stories and art-making reflecting a range of tot-friendly topics, including the many beautiful and art-inspiring changes that autumn brings to the natural world around us. The ART IN HAND program's distinctive approach will stimulate the senses, spark the imagination, and support emerging language, social, and problem-solving skills. Most of all, ART IN HAND classes provide an opportunity for little ones and their parent/caregiver to be creative, have fun, and make the mess away from home! For more information about the program visit www.artinhand.org.

Instructor: Art in Hand Staff

Location: Art Room

Activity #	Date	Time	Fees
110100-A	Mon: 9/27-12/13*	10:15-11am	R: \$170 / NR: \$180
110100-B	Mon: 9/27-12/13*	11:30am-12:15pm	R: \$170 / NR: \$180
110100-C	Thu: 9/30-12/16*	10:15-11am	R: \$170 / NR: \$180
110100-D	Thu: 9/30-12/16*	11:30am-12:15pm	R: \$170 / NR: \$180

*No class dates 10/11, 11/1, 11/11, 11/25

Twoosy Doodlers 20 months-3 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

Instructor: Abrakadoodle

Location: Art Room

Activity #	Date	Time	Fees
110101-A	Wed: 9/15-11/3	9:30-10:10am	R: \$120 / NR: \$130

Mini Doodlers 3-6 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

Instructor: Abrakadoodle

Location: Art Room

Activity #	Date	Time	Fees
110102-A	Wed: 9/15-11/10*	10:30-11:15am	R: \$120 / NR: \$130
110102-B	Thu: 10/7-12/9*	2:15-3pm	R: \$120 / NR: \$130

*No class dates Wed: 9/22, Thurs: 11/11, 11/25



Tot Time

Bring your preschoolers and watch them climb through tunnels, ride tricycles, and interact with peers. All equipment is provided including tricycles. No strollers or food in the gym. Call **703-248-5077** for updated information.

Location: Gym

Days: Fridays, September 10-June 17th

(No tot time September 24, December 3, and 24)

Time: 10am-12 noon

Fees: \$1 per child

Tot/Parent Spanish Classes 18 months-3 years

NEW!

Give your child a head start in an important 21st century language: Spanish! Music and movement form the foundation for the classes, as the children sing simple, rhythmic songs and dance, run, spin and jump around the room! Meanwhile, a native Spanish teacher works with the accompanying adults, teaching them age-appropriate games and activities so that they can reinforce learning at home. Great fun and a great second-language head start for toddlers! A \$39 material fee which includes a book, music CD, plush doll, and flashcards is due first class. Visit www.langokids.com.

Instructor: Lango Staff

Location: Art Room

Activity #	Date	Time	Fees
111201-A	Tue: 9/28-11/23*	9:30-10:15am	R: \$159 / NR: \$169

*No class dates 11/2

Amazing Athletes Program 2.5-6 years

Amazing Athletes provides a unique tried and tested, fun filled sport program that incorporates physical fitness, muscle tone and gross motor skills while learning and playing the following sports: soccer, hockey, football, basketball, baseball, volleyball, golf, tennis, and lacrosse. This fun and positive learning experience will help the child develop the basic fundamentals of sports as well as instilling self-confidence, good sportsmanship and team pride. This is what makes the Amazing Athletes program unique from all other extracurricular activities!

Instructor: Robert Jackson

Activity #	Date	Time	Fees
Athletes 2.5-3yrs			
Location: 1/2 Gym Lobby Side			
110902-A	Tue: 9/14-12/14*	2-2:45pm	R: \$88 / NR: \$98
Athletes 3-5yrs			
110902-C	Wed: 9/15-12/15	1:45-2:30pm	R: \$88 / NR: \$98
Location: Dance Studio- Left			
110902-D	Fri: 9/17-12/17*	9-9:45am	R: \$88 / NR: \$98
Athletes 4-6yrs			
Location: 1/2 Gym Lobby Side			
110902-B	Tue: 9/14-12/14*	5-5:45pm	R: \$88 / NR: \$98

*No class dates 11/23, 11/26, 12/3

Preschool Program and Classes

Preschool Program 3-5 years

Our preschool program focuses on fun and positive learning experiences for 3-5 year olds that will prepare students for future elementary school study. Our qualified staff and small class ratio (16:2) makes a safe program for everyone. Our program is licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of the fall session. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required on the first day of the program.

Instructor: Alison Collins

Location: Preschool Room

Activity #	Date	Time	Fees
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Preschool Juniors

(Birthdates October 1, 2006- September 30, 2007)

211001-D	Tue/Thu: 1/4-5/26*	9am-12pm	R: \$700 / NR: \$710
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*No class dates 4/19, 4/21

Preschool Seniors

(Birthdates October 1, 2005- September 30, 2006)

211002-D	Mon/Wed/Fri: 1/3-5/27*	9am-12pm	R: \$997 / NR: \$1007
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*No class dates 1/17, 2/21, 4/18, 4/20, 4/22, 4/25

Ready, Set, Read! 3.5-6 years

Enter kindergarten with confidence and prepare your child for a lifetime of reading! Students will begin the year by mastering the alphabet and basic writing techniques. By the end of the year students will have memorized sight words, explored word families, and will successfully read and write their own stories. Students will have the opportunity to learn, socialize, and play in a safe classroom environment. Children must be potty-trained by the first day of the fall session.

Instructor: Alison Collins

Location: Preschool Room

Activity #	Date	Time	Fees
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(Birthdates October 1, 2005- April 30, 2007)

211006-D	Mon/Wed/Fri: 1/3-5/27*	1-4pm	R: \$997 / NR: \$1007
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*No class dates 1/17, 2/21, 4/18, 4/20, 4/22, 4/25

Art in Hand Preschoolers 3.5-6 years

Participants will enjoy stories and art-making reflecting a range of kid-friendly topics, including the many beautiful and art-inspiring changes that autumn brings to the natural world around us. All art activities are designed to stimulate the senses, spark imaginations, support the development of language and emerging literacy, and promote social and problem solving skills. Most importantly, the class offers a fun, supportive social environment where children and their parent/caregiver can share the adventure of creative expression through art. For more information about the program visit www.artinhand.org.

Instructor: Art in Hand Staff

Location: Art Room

Activity #	Date	Time	Fees
110107-A	Thu: 9/30-12/16*	1:15-2pm	R: \$170 / NR: \$180

*No class dates 11/11, 11/2

PRESCHOOL CLASSES

Fun with Drawing 3-5 years

Young Rembrandts instructors provide a nurturing and strong learning environment that expands Pre-schoolers' image vocabulary as they learn to draw familiar images such as fish, teddy bears, rainbows, and cowboys.

We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience, and spatial organization.

Instructor: Young Rembrandts

Activity #	Date	Time	Fees
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Location: Art Room

110108-A	Mon: 9/13-10/25*	9-10am	R: \$90 / NR: \$100
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Location: Community Room

110108-B	Mon: 9/13-10/25*	1-2pm	R: \$90 / NR: \$100
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Location: Art Room

110108-C	Mon: 11/1-12/6*	9-10am	R: \$90 / NR: \$100
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Location: Community Room

110108-D	Mon: 11/1-12/6*	1-2pm	R: \$90 / NR: \$100
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*No class dates 10/11



Young Rembrandts

Preschool Cheer & Tumble 3-5 years

This is a beginner class for athletes ages 3-5. We assist your child in learning balance, movements and general coordination. We offer a good structural foundation that helps your child with body awareness! Classes will cover all of the basics of cheerleading and tumbling for age and talent appropriate athletes.

Instructor: All Star Legacy

Location: Community Room

Activity #	Date	Time	Fees
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120405-A	Wed: 9/15-12/1*	4:30-5:15pm	R: \$140 / NR: \$150
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*No class dates 11/24

Little Dragon: Play & Learn 3-5 years

The Little Dragon class is Sesame Street the Martial Arts Way! This class is for children who are learning object permanence, problem solving, sorting, and classification.

This martial arts program uses an early childhood development curriculum to enhance development with gross and fine motor skills, language/vocabulary building listening and following instructions and social interaction skills. Students will play numerous martial arts related games and learn activities designed to tap into specific mental & physical growth areas. Toddlers will play as they grow and learn as they play.

Instructor: WCRB Karate

Location: 1/2 Gym Lobby Side

Activity #	Date	Time	Fees
120505-A	Wed: 9/15-12/8*	11:15am-12pm	R: \$150 / NR: \$160

120505-B	Wed: 9/15-12/8*	12:15-1pm	R: \$150 / NR: \$160
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*No class dates 11/24



Youth & Parental Classes

Act It Out! 4-6 years

Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids about relevant social issues and character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various improvisation theater games as well as a story that they will act out using costumes and props. This class will present their favorite story on the last day of class!

Instructor: C.A.R.E. Actor

Location: Community Room

Activity #	Date	Time	Fees
120706-A	Mon: 9/13-10/4	4:30-5:15pm	R: \$52 / NR: \$62
120706-B	Sat: 10/2-11/20*	9:15-10am	R: \$104 / NR: \$114
120706-C	Sat: 10/2-11/20*	10:15-11am	R: \$104 / NR: \$114
120706-D	Mon: 10/25-11/29	4:30-5:15pm	R: \$78 / NR: \$88

*No class dates 11/27



Chess 4-14 years

Class time is evenly split between lesson and play. Lessons range from learning the rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skill. Students will have the opportunity to play in local, state and national tournaments. All chess supplies provided. For more information, see our website at www.silverknightschess.com.

Instructor: Silver Knights Chess

Location: Art Room

Activity #	Date	Time	Fees
130702-A	Tue: 9/14-11/23*	6-7pm	R: \$100 / NR: \$110

*No class dates 11/2



NEW!

American Girl Tea 4-12 years

Bring your favorite doll and join us for a tea party. We'll enjoy a snack, activities, and have an introduction to table and party manners. Topics include: guest and host behavior, behavior at the table, placement of utensils, greetings, thank you notes and more.

Instructor: Etiquette School

Location: Art Room

Activity #	Date	Time	Fees
Am. Tea Ages 4-8			
120705-A	Sat: 11/13	1-2:30pm	R: \$25 / NR: \$35
Am. Tea Ages 9-12			
120705-B	Sat: 11/13	2:45-4:15pm	R: \$25 / NR: \$35

Preschooler Spanish Classes 3-6 years

Fun and play form the foundation for Lango Preschooler Spanish classes! Within two or three classes, students learn key phrases in their new language through simple, repeated songs and chants. Meanwhile, they become familiar with more complex aspects of the language by engaging in "adventures," tactile and movement-based games that require them to solve simple problems - in their new language, of course! These adventures, starring the "Lango Kids", our multicultural cast of characters, take students to other lands and cultures to ensure that their language instruction is combined with cultural exposure. Fun and learning are guaranteed! A \$39 material fee which includes a book, music CD, plush doll, and flashcards are due the first day of class. Visit www.langokids.com for more details.

Instructor: Lango Staf

Location: Art Room

Activity #	Date	Time	Fees
111202-A	Tue: 9/28-11/23*	10:30-11:15am	R: \$159 / NR: \$169

*No class dates 11/2

ESPECIALLY FOR FOR PARENTS AND GRANDPARENTS

Positive Discipline 18 & up

Parents and grandparents come learn the revolutionary discipline techniques of Dr. Becky Bailey, Ph.D. Find out how to give effective commands so children are more likely to choose to do what you say and guide children away from tattling and into problem solving. Learn to recognize the two ways that children communicate to adults and the most effective responses that elicit cooperation and stop the "Do what I say, not what I Do" syndrome once and for all. These are just a few of the many new ways you will learn to deal in a positive way with young children!

Instructor: Tracey Kretzer

Activity #	Date	Time	Fees
Location: Teen Center			
151015-A	Tue: 10/12-11/9	6-8pm	R: \$147 / NR: \$157
Location: Community Room			
151015-B	Tue: 11/16-12/14	6-8pm	R: \$147 / NR: \$157
Location: Senior Center-Right			
151015-C	Sat: 10/16-11/13	2:30-4:30pm	R: \$147 / NR: \$157

ART IN HAND® for Parents

16 & up

Join us for a discussion and hands-on workshop where we will explore together the reasons for giving our little ones early experiences in the arts and some inspiration for getting started. To help get our creativity flowing and our confidence growing, we will experience first-hand the significance of "process-oriented" art-making by getting our own hands on lots of art materials and learning about some great ideas and techniques to try with our children at home. Julie Liddle is a Registered Art Therapist who has been teaching and developing ART IN HAND classes since 2001. For more information about the program visit www.artinhand.org

Instructor: Art in Hand Staf

Location: Preschool Room

Activity #	Date	Time	Fees
110111-A	Thu: 10/7	7:30-9pm	R: \$23 / NR: \$33
110111-B	Sat: 10/9	10-11:30am	R: \$23 / NR: \$33

NEW!

Tiny Chefs Cooking Class 3-7 years

Aspiring little chefs will learn the basics of cooking using bake and no-bake recipes in this delicious of ering. Children will learn how to: follow a recipe, measure, and combine ingredients, gain a greater knowledge of food ingredients and their orientation, gain a greater knowledge of cooking techniques through observation and practice, broaden personal tastes of food and combinations of ingredients, and collaborate in a small group setting to create a finished edible product. In each class children prepare and eat an entrée, healthy snack, or dessert while their communication skills and ability to work within a small group setting are enhanced. Watch their confidence soar! Each class is completely interactive, and each child will receive their very own cookbook of everything they make. As the entrée, snack or dessert is cooking, the children will play and learn about nutrition and food safety through interactive games and activities. Parents Welcome and Required for age 3.



Instructor: Tiny Chefs

Activity #	Date	Time	Fees
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Location: Senior Center-Left
Books and Cooks

120301-A	Fri: 9/17-10/22	4:30-5:30pm	R: \$190 / NR: \$200
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Location: Art Room

Healthy Eating

120301-B	Sat: 9/18-10/23	3:30-4:30pm	R: \$190 / NR: \$200
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Location: Senior Center-Left

Holiday Cooking

120301-C	Fri: 10/29-12/17*	4:30-5:30pm	R: \$190 / NR: \$200
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Around the World

120301-D	Sat: 11/6-12/18*	3:30-4:30pm	R: \$190 / NR: \$200
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Hanukkah Celebration

120301-G	Sun: 12/12	3-4:30pm	R: \$40 / NR: \$50
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Gingerbread House

120301-E	Sun: 12/19	3-4:30pm	R: \$40 / NR: \$50
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Holiday Cookies

120301-F	Sun: 11/28	3-4:30pm	R: \$40 / NR: \$50
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*No class dates Fri: 11/26, 12/3, Sat: 11/27, 12/4

Mommy & Me Manners

4-8 years

An introduction to social skills and table manners for younger children with their parents. We will practice showing proper respect, making introductions, including others, basic table setting and behavior at the table. Parents will learn tools that will help reinforce learning at home.

Instructor: Etiquette School

Location: Community Room

Activity #	Date	Time	Fees
131013-A	Sat: 10/9	1-2:30pm	R: \$30 / NR: \$40

NEW!

Tumbling Class 6 & up

An introduction to handstands, cartwheels, round of s, front and back walkovers, and beginning back and handsprings. Attire: gym clothing or t-shirt and shorts with sneakers.

Instructor: All Star Legacy

Location: Community Room

Activity #	Date	Time	Fees
120403-A	Wed: 9/15-12/1*	5:15-6pm	R: \$140 / NR: \$150
120403-B	Wed: 9/15-12/1*	6-6:45pm	R: \$140 / NR: \$150

*No class dates 11/24

Cheer Class 6-11 years

We will coach the winter session of Falls Church Super Squad as a true cheerleading team. We will work on motions, dance, jumps, tumbling, stunts and more. Be ready to work. Cheerleading is a sport!

Instructor: All Star Legacy

Location: Art Room

Activity #	Date	Time	Fees
6-8yrs			
120404-A	Wed: 9/15-12/1*	6:45-7:30pm	R: \$140 / NR: \$150
9-11yrs			
120404-B	Wed: 9/15-12/1*	7:30-8:15pm	R: \$140 / NR: \$150

*No class dates 11/24



Fun with Drawing 6-12 years

Our elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give them skills to express their creativity, and believe that all children can -and should- learn to draw. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

Instructor: Young Rembrandts

Activity #	Date	Time	Fees
Location: Senior Center-Right			
130104-A	Mon: 9/13-10/25*	4:30-5:30pm	R: \$90 / NR: \$100
Location: Art Room			
130104-B	Wed: 9/15-10/20	4:15-5:15pm	R: \$90 / NR: \$100
Location: Senior Center-Right			
130104-C	Mon: 11/1-12/6	4:30-5:30pm	R: \$90 / NR: \$100
Location: Art Room			
130104-D	Wed: 10/27-12/8	4:15-5:15pm	R: \$105 / NR: \$115

*No class dates 10/11

Youth & Teen Classes



Fun with Cartooning 6-12 years

Learning to draw can be fun, especially when we create silly characters, funny expressions and drawing sequences that tell a joke! This delightful program combines Young Rembrandts' innovative, step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations.

Instructor: Young Rembrandts

Location: Art Room

Activity #	Date	Time	Fees
130105-A	Mon: 9/13-10/25*	5:15-6:15pm	R: \$90 / NR: \$100
130105-B	Wed: 9/15-10/20*	5:15-6:15pm	R: \$90 / NR: \$100
130105-C	Mon: 11/1-12/6*	5:15-6:15pm	R: \$90 / NR: \$100
130105-D	Wed: 10/27-12/8*	5:15-6:15pm	R: \$90 / NR: \$100

*No class dates 10/11, 10/12, 11/11

Fun with Cartooning Workshop 6-12 years

This workshop combines the best of Cartooning and focuses on a variety of styles: Anime, Monsters, Transportation, Masters, and more. Learning to draw can be fun, especially when we create silly characters, funny expressions and drawing sequences that tell a joke!

Instructor: Young Rembrandts

Location: Art Room

Activity #	Date	Time	Fees
130107-A	Thu: 9/16-10/21*	4:30-6pm	R: \$135 / NR: \$145
130107-B	Sun: 9/26-10/31	4-5:30pm	R: \$135 / NR: \$145
130107-C	Thu: 10/28-12/9*	4:30-6pm	R: \$113 / NR: \$123
130107-D	Sun: 11/7-12/19*	4-5:30pm	R: \$135 / NR: \$145

*No class dates 11/11, 11/25, 12/5

AbraKadoodle & Clay 6-12 years

Hooray for clay! Roll, pinch, pat, press, paint, and sculpt your way through this creative series. We learn about the cultures of Italy, China, Turkey, and Africa's Zulu tribe by making beads, chops, tiles, and masks. Sculptors Jean Dubuffet and Lucien den Arend inspire us to sculpt with colorful shapes and designs, and the fun continues with leapin' lizards, monsters, and more!

Instructor: AbraKadoodle

Location: Art Room

Activity #	Date	Time	Fees
120142-A	Tue: 9/14-10/5	3:30-4:30pm	R: \$60 / NR: \$70
120142-B	Tue: 10/19-11/9*	3:30-4:30pm	R: \$60 / NR: \$70

*No class dates 11/2

Kids on Canvas 6-12 years

NEW!

Grab a paintbrush and jump right in for a colorful "Kids on Canvas" adventure! Use acrylic paint to explore traditional painting subjects such as the figure, landscape, and still life—with a fresh AbraKadoodle twist.

Instructor: AbraKadoodle

Location: Senior Center-Left

Activity #	Date	Time	Fees
120144-A	Wed: 9/15-10/6	3:30-4:30pm	R: \$65 / NR: \$75
120144-B	Wed: 10/20-11/10	3:30-4:30pm	R: \$65 / NR: \$75

Dramatic Kids! 7-10 years

Learn improvisational theater techniques and social issues. Throughout the class, these fine actors will combine their theatrical know how and expertise on a subject into artistic expressions employing the dramatic techniques they have learned (such as, but not limited to improvisation, scene study, and monologue study). There will be a final presentation on the last day of class!

Instructor: C.A.R.E. Actor

Location: Community Room

Activity #	Date	Time	Fees
130703-A	Mon: 9/13-10/4	5:30-6:30pm	R: \$56 / NR: \$66
130703-B	Sat: 10/2-11/20*	11:15am-12:15pm	R: \$112 / NR: \$122
130703-C	Mon: 10/25-11/29	5:30-6:30pm	R: \$84 / NR: \$94

*No class dates 11/27

How not to gross people out! 8-12 years

Join us for this 2 hour version of our popular programs aimed at making kids feel comfortable in most any social situation. We will cover greetings and introductions, showing proper respect, phone manners, thank you cards, basic table manners, behavior in public, good guest and host behaviors.

Instructor: Etiquette School

Location: Community Room

Activity #	Date	Time	Fees
131010-A	Sat: 10/9	2:40-4:10pm	R: \$35 / NR: \$45

Beginner Guitar 19 & up

If you cannot read music or play another instrument, then this is the class for you! Learning guitar is fun and provides a platform for self-expression, enrichment, and personal growth. Students will be exposed to a variety of songs and exercises that will begin to broaden their understanding of technique, ear training, music theory, and music appreciation. Learn how to play, tune and care for your guitar. Students must furnish their own instrument. A \$20 materials fee is due the first day of class, payable to the instructor.

Instructor: Donald Phillips

Location: Preschool Room

Activity #	Date	Time	Fees
130603-A	Thu: 9/23-11/18*	5-6pm	R: \$101 / NR: \$111
130603-B	Thu: 9/23-11/18*	6-7pm	R: \$101 / NR: \$111

*No class dates 11/11, 11/25

Professional Day & Holiday Activities

Holiday Card Workshop 3-12 years

During this special workshop, children create an original design that will be reproduced for use on holiday greeting cards. Each session incorporates the child's original artwork with an Abrakadoodle 2009 design to create a unique holiday card. Workshop fees include 10 greeting cards professionally printed and delivered to you by the first week of December. Information about ordering additional cards will be available at the workshop.

Instructor: Abrakadoodle

Location: Preschool Room

Activity #	Date	Time	Fees
130101-A	Sat: 10/23	1-2pm	R: \$45 / NR: \$55



Abrakadoodle's Gift Workshop 3-12 years

Drop off the kids for a creatively charged workshop with Abrakadoodle. While you accomplish your holiday errands the children will design a unique holiday surprise of their own, all while learning the concepts of printing, shape discovery, and the elements of dot, line and color.

Instructor: Abrakadoodle

Location: Community Room

Activity #	Date	Time	Fees
130103-A	Wed: 12/15	1-4pm	R: \$50 / NR: \$60
130103-B	Wed: 12/15	4:30-7:30pm	R: \$50 / NR: \$60

Sports and Games Spectacular 6-12 years

Join us for a day of fun! These one day specials will teach the rules of the games, proper motions and use of equipment but will focus on having fun! A rotation of games will be played in the morning and sports in the afternoon. Participants should bring a bagged lunch and a drink.

Location: Gym

Activity #	Date	Time	Fees
181410-A	Fri: 11/12	9am-3pm	R: \$60 / NR: \$70

Holiday Manners 6-12 years

NEW!

This special class provides an overview into the world of manners with tips on how to survive the holiday season with style and grace. Children are instructed in all aspects of etiquette and protocol while developing fundamental character-building traits such as respect, compassion and common courtesies. Through acquiring and practicing these indispensable life skills, children gain more confidence and increase self-esteem. In addition to the instruction, a tea time tutorial portion is taught covering all rules of table and dining etiquette. Children learn how to set a basic table, the proper way to use their utensils, how to manage specific types of foods and beverages, and how to initiate and participate in conversation during a tea time with refreshments. This fun-filled program is full of interaction and practice for your child.

Instructor: Etiquette School

Location: Senior Center-Right

Activity #	Date	Time	Fees
120707-A	Sat: 12/11	1-4pm	R: \$65 / NR: \$75

Holiday Card and Gift Workshop 14 & up

Let's make some holiday cards and gifts! Spend a day in "stamp camp" learning rubberstamping and paper crafting basics including techniques, tools, materials, and papers that will speed you on your way to creating your own handmade and professional-looking holiday cards and gifts. You will complete several card and gift projects with themes to suit the Fall Season, Thanksgiving and the Winter Holidays. The morning will be focused on learning techniques and working on gift projects, and the afternoon will focus on making cards to use for the holidays. You will be taking home ideas that you will be able to use immediately. All materials will be supplied.

Instructor: Carol Lavrich

Location: Art Room

Activity #	Date	Time	Fees
150117-A	Fri: 11/12-12/10*	7-9pm	R: \$92 / NR: \$102

*No class dates 11/26, 12/3

Fall Harvest Cooking 7-12 years

Join Tiny Chefs for our one-day Fall Harvest cooking class. Our classes are suitable for children ranging in age from 7 to 12. Children will learn how to follow a recipe, measure and combine ingredients, as well as collect kitchen safety tips all while preparing a delicious snack, meal, dessert and beverage. In each class children will prepare and eat several sweet and a savory dishes, while their communication skills and ability to work within a small group setting are enhanced. Our class is completely interactive, and each child will receive their very own cookbook of everything they make along with their very own chef hat! What a great way to spend a fun time in the kitchen cooking, while seamlessly reinforcing school lessons in math and science!

Location: Art Room

Activity #	Date	Time	Fees
181411-A	Thu: 11/11	9am-3pm	R: \$40 / NR: \$50

Dance Classes

Tiny Dancers 2-3 years

The Tiny Dancers award winning “Mom & Me” program is shared experience between young ballet dancers ages 2-3 and a parent, grandparent or other caregiver. Group activities and individual expression are encouraged as the children choose costumes and props to interpret favorite stories and fairy tales through dance.

Instructor: Tiny Dancers

Location: Dance-Right

Activity #	Date	Time	Fees
110204-A	Fri: 9/17-12/10*	10-10:45am	R: \$226 / NR: \$236

*No class dates 11/26, 12/3

Dance & Prance 2-3 years

NEW!

Does your toddler love to dance? In this energetic class, children strengthen their bodies and imaginations through joyful movement games and dancing. Set to music both kids and adults enjoy, the exercises help develop attention skills and improve coordination. A brief movement story time concludes each class. Class themes include animals, seasons and modes of transportation. One parent or caregiver is required to be in the classroom with each child.

Location: Dance-Left

Instructor: Go Bananas Dancing, LLC

Activity #	Date	Time	Fees
110215-A	Mon: 9/20-11/15*	10:30-11:05am	R: \$84 / NR: \$94

*No class dates 10/11

Preschool Dance A 2-3 years

An introduction to dance, movement, and expression for 2-3 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination, and rhythm. Parents or guardians must stay on premises but not in the classroom, unless requested by the instructor. No special shoes or clothing requirements.

Activity #	Date	Time	Fees
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Location: Dance Studio

Instructor: EBD-Davis

110203-A	Mon: 9/13-12/6*	9:30-10am	R: \$72 / NR: \$82
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Instructor: EBD-TBA

110203-C	Tue: 9/14-12/7	9:30-10am	R: \$78 / NR: \$88
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Instructor: EBD-Jackson

110203-D	Tue: 9/14-12/7	12:30-1pm	R: \$78 / NR: \$88
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Instructor: Dream in Color

110203-E	Wed: 9/15-12/8*	9:30-10am	R: \$83 / NR: \$93
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110203-F	Wed: 9/15-12/8*	10-10:30am	R: \$83 / NR: \$93
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Instructor: EBD-Davis

110203-G	Thu: 9/16-12/9*	9:30-10am	R: \$66 / NR: \$76
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Instructor: EBD-Jackson

110203-H	Thu: 9/16-12/9*	12:30-1pm	R: \$66 / NR: \$76
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Instructor: Dream in Color

110203-J	Sat: 9/18-12/11*	11-11:30am	R: \$75 / NR: \$85
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Location: Senior Center- Right

Instructor: EBD-Davis

110203-I	Sat: 9/18-12/11*	9:30-10am	R: \$66 / NR: \$76
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*No class dates Mon: 10/11, Wed: 11/24, Thurs: 11/11, 11/25, Sat: 11/27, 12/4, (10/2 senior center class only)

Preschool Dance B 3-4 years

An introduction to tap dance, movement, and expression for 3 to 4 year olds. Parents or guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or “noisy” shoes are recommended.

Activity #	Date	Time	Fees
Location: Dance Studio			
Instructor: EBD- Davis			
110202-I	Mon: 9/13-12/6*	10-10:45am	R: \$108 / NR: \$118
Instructor: EBD-Jackson			
110202-K	Mon: 9/13-12/6*	3:45-4:30pm	R: \$108 / NR: \$118
Instructor: EBD-TBA			
110202-L	Tue: 9/14-12/7	10-10:45am	R: \$117 / NR: \$127
Instructor: EBD-Jackson			
110202-M	Tue: 9/14-12/7	1-1:45pm	R: \$117 / NR: \$127
Instructor: Dream in Color			
110202-N	Wed: 9/15-12/8*	10:30-11:15am	R: \$83 / NR: \$93
Instructor: EBD- Davis			
110202-O	Thu: 9/16-12/9*	10-10:45am	R: \$99 / NR: \$109
Instructor: EBD-Jackson			
110202-P	Thu: 9/16-12/9*	1-1:45pm	R: \$99 / NR: \$109
Instructor: Dream in Color			
110202-Q	Sat: 9/18-12/11*	11:30am-12:15pm	R: \$83 / NR: \$93

Location: Senior Center- Right

Instructor: EBD-Jackson

110202-R	Sat: 9/18-12/11*	11:15am-12pm	R: \$99 / NR: \$109
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*No class dates Mon: 10/11, Wed: 11/24, Thurs: 11/11, 11/25, Sat: 11/27, 12/4, (10/2 for the senior center class only)

Creative Movement 3-5 years

NEW!

Introduce your preschooler to the joy of dance! Students are guided through beginner-level movement exercises that include pre-ballet, yoga and physical fitness. Set to the music of famous classics and children’s favorite bands, fun-filled routines help develop attention skills, improve coordination and build strong bodies. Animal imagery is used often to stimulate the imagination and facilitate learning. Only dance students are permitted in the classroom.

Location: Dance-Left

Instructor: Go Bananas Dancing, LLC

Activity #	Date	Time	Fees
110216-A	Mon: 9/20-11/15*	11:15am-12pm	R: \$84 / NR: \$94

*No class dates 10/11



Tiny Dancers 3-5 years

Tiny Dancers classes are designed for girls and boys, age 3-5, as an introduction to ballet. This exceptional performance based program incorporates classical technique and includes exquisite custom-made costumes and creative story-dance interpretations. Tiny Dancers will produce a mini dance recital at the end of the session.

Instructor: Tiny Dancers

Location: Dance-Right

Activity #	Date	Time	Fees
Tiny Dancers 3-4yrs			
110209-A	Fri: 9/17-12/10*	11-11:45am	R: \$226 / NR: \$236
Tiny Dancers 4-5yrs			
110209-B	Fri: 9/17-12/10*	12-12:45pm	R: \$226 / NR: \$236

*No class dates 11/26, 12/3



Preschool Dance C 4-5 years

In Preschool B/C classes, students will be introduced to tap. Please note designated ages in classes. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

Activity #	Date	Time	Fees
Location: Dance Studio			
Instructor: EBD-Jackson			
110208-Q	Mon: 9/13-12/6*	10:45-11:30am	R: \$108 / NR: \$118
Instructor: EBD-TBA			
110208-R	Mon: 9/13-12/6*	3-3:45pm	R: \$108 / NR: \$118
Instructor: EBD-Jackson			
110208-S	Tue: 9/14-12/7	10:45-11:30am	R: \$117 / NR: \$127
Instructor: EBD- Davis			
110208-B	Tue: 9/14-12/7	1:45-2:30pm	R: \$117 / NR: \$127
Instructor: Dream in Color			
110208-T	Wed: 9/15-12/8*	11:15am-12pm	R: \$83 / NR: \$93
Instructor: EBD- Davis			
110208-V	Thu: 9/16-12/8*	10:45-11:30am	R: \$117 / NR: \$127
Instructor: EBD-Jackson			
110208-W	Thu: 9/16-12/9*	1:45-2:30pm	R: \$117 / NR: \$127
Instructor: Dream in Color			
110208-X	Sat: 9/18-12/11*	12:15-1pm	R: \$83 / NR: \$93

Location: Senior Center- Right

Instructor: EBD-Jackson			
110208-Y	Sat: 9/18-12/11*	12-12:45pm	R: \$99 / NR: \$109

*No class dates Mon: 10/11, Wed: 11/24, Thurs: 11/11, 11/25, Sat: 11/27, 12/4, (10/2 senior center dance class only)

Hip Hop I 5-7 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers



presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

Instructor: Dream In Color

Location: Dance-Left

Activity #	Date	Time	Fees
120216-A	Wed: 9/15-12/8*	4:30-5:30pm	R: \$91 / NR: \$101

*No class dates 11/24

Musical Theatre I 5-8 years

This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre. Facial expressions and exaggerated movements needed for dance in theatre will be taught. No special shoes or clothing required.

Instructor: EBD-Lemke

Location: Dance-Right

Activity #	Date	Time	Fees
130219-A	Mon: 9/13-12/6*	5:30-6:15pm	R: \$108 / NR: \$118

*No class dates 10/11

Ballet I 5-8 years

This ballet class focuses on beginning ballet technique in a fun and encouraging environment. The primary goals of our Ballet 1 classes are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Location: Dance Studio

Activity #	Date	Time	Fees
Instructor: EBD- Lauer			
120220-A	Mon: 9/13-12/6*	4:30-5:15pm	R: \$108 / NR: \$118
Instructor: EBD- Rebollar			
120220-B	Thu: 9/16-12/9*	4:15-5pm	R: \$99 / NR: \$109
Instructor: EBD-Thornton			
120220-D	Sat: 9/18-12/11*	12-12:45pm	R: \$99 / NR: \$109

*No class dates Mon: 10/11, Thurs: 11/11, 11/25, Sat: 11/27, 12/4

Tap/Jazz I 5-8 years

Build strength, flexibility, rhythm and grace while having a great time to a variety of music.

Instructor: EBD-Jackson

Location: Dance-Left

Activity #	Date	Time	Fees
120237-A	Mon: 9/13-12/6*	4:30-5:15pm	R: \$108 / NR: \$118

*No class dates 10/11

Dance Classes

Ballet/Tap/Jazz I 5-8 years

This class will bring together ballet, tap, and jazz. Basic ballet principles, jazz technique, and the joyful rhythms of tap will expose your child to all the wonders of dance while improving strength, flexibility and musicality. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Activity #	Date	Time	Fees
Location: Dance Studio			
Instructor: EBD-Lauer			
120254-A	Mon: 9/13-12/6*	5:15-6:15pm	R: \$144 / NR: \$154
Instructor: EBD- Davis			
120254-B	Tue: 9/14-12/14	4:15-5:15pm	R: \$156 / NR: \$166
Instructor: EBD- Rebollar			
120254-C	Thu: 9/16-12/9*	5-6pm	R: \$132 / NR: \$142
Instructor: EBD-Jackson			
120254-D	Fri: 9/17-12/10*	5:30-6:30pm	R: \$132 / NR: \$142
Location: Senior Center- Right			
Instructor: EBD-Jackson			
120254-E	Sat: 9/18-12/11*	10-11am	R: \$132 / NR: \$142

*No class dates Mon: 10/11, Thurs: 11/11, 11/25, Fri: 11/26, 12/3, Sat: 11/27, 12/4, Senior Center only 10/2

Jazz/Hip Hop I 5-8 years

Very exciting dance style, done to your favorite popular music!

Instructor: EBD-Jackson

Location: Dance-Right

Activity #	Date	Time	Fees
120247-A	Fri: 9/17-12/10*	4:30-5:30pm	R: \$132 / NR: \$142

*No class dates 11/26, 12/3

Street Jazz 6-9 years

Street Jazz is a dance form combining hip-hop and Jazz. This style of dance can be seen in videos by artists such as Britney Spears, Mya and Usher to name a few. Students must have some background in jazz and hip-hop along with a desire to strive for their best in class.

Instructor: Dream In Color

Location: Dance-Right

Activity #	Date	Time	Fees
120231-A	Wed: 9/15-12/8*	5:30-6:30pm	R: \$91 / NR: \$101

*No class dates 11/24

Elementary Ballet 6-9 years

Instructor placement required. For students grades 1 and up who are ready for a more serious ballet class, with a stronger focus on technique and precision. Choose one class weekly.

Location: Dance-Right

Activity #	Date	Time	Fees
Instructor: EBD- O'Hara			
120225-A	Tue: 9/14-12/7	4:15-5:15pm	R: \$156 / NR: \$166
Instructor: EBD- Jackson			
120225-B	Wed: 9/15-12/5	4:15-5:15pm	R: \$156 / NR: \$166

Hip-Hop 2/3 8-10 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

Instructor: Dream In Color

Location: Dance-Right

Activity #	Date	Time	Fees
120213-A	Wed: 9/15-12/8*	6:30-7:30pm	R: \$91 / NR: \$101

*No class dates 11/24

Jr. Level Ballet 8 & up

Instructor placement required. Formerly known as Intermediate Ballet, the Junior level is for students 8 and older with previous ballet training who are developmentally ready to pursue a more rigorous ballet program. Instruction will include ballet terminology, technique and placement as well as strengthening and learning movement combinations. With each level becoming progressively more challenging, upper level junior classes are designed to encourage young dancers to develop technically as well as artistically. Junior II students are required to take the Tuesday class and may elect to take the Wednesday class as well. Junior III students are required to take the Wednesday class and are encouraged to take the Tuesday class as well. Tuesday classes for Levels I, and II/III will be separate this year.

Location: Dance-Right

Activity #	Date	Time	Fees
Jr. Ballet 1			
Instructor: EBD- Davis			
120226-A	Tue: 9/14-12/7	5:15-6:15pm	R: \$156 / NR: \$166
Jr. Ballet 2/3			
Instructor: EBD- O'Hara			
120226-B	Wed: 9/15-12/8	7:15-8:15pm	R: \$156 / NR: \$166
Jr. Ballet 1, 2/3			
Instructor: EBD- Rebollar			
120226-C	Wed: 9/15-12/8	7:15-8:15pm	R: \$156 / NR: \$166

Musical Theatre II/III 9-14 years

This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre. Facial expressions and exaggerated movements needed for dance in theatre will be taught. No special shoes or clothing required.

Instructor: EBD-Lemke

Location: Dance-Left

Activity #	Date	Time	Fees
130220-A	Mon: 9/13-12/6*	6:15-7pm	R: \$108 / NR: \$118

*No class dates 10/11

Tap/Jazz II/III 9-14 years

Build strength, flexibility, rhythm and grace while having a great time to a variety of music. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Instructor: EBD-Wilhelm

Location: Dance-Right

Activity #	Date	Time	Fees
120239-A	Fri: 9/17-12/10*	5:30-6:30pm	R: \$132 / NR: \$142

*No class dates 11/26, 12/3

Creative Dance 2/3 9-14 years

This ballet class is designed for students who would like a more expressive, creative approach to a study of dance. Instruction will incorporate elements of modern, jazz and creative movement and expression. Jazz or ballet shoes required. Dancewear or other form-fitting clothing required.

Instructor: EBD-Culpepper

Location: Dance-Right

Activity #	Date	Time	Fees
140261-A	Thu: 9/16-12/9*	5-6pm	R: \$132 / NR: \$142

*No class dates 11/11, 11/25

Jazz/Hip Hop 2/3 9-14 years

Very exciting dance style, done to your favorite popular music!

Instructor: EBD-Wilhelm

Location: Dance-Right

Activity #	Date	Time	Fees
Jazz/Hip-Hop 2/3			
120248-A	Fri: 9/17-12/10*	6:30-7:30pm	R: \$132 / NR: \$142

*No class dates 11/26, 12/3

Preteen Hip Hop 10-12 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

Instructor: Dream In Color

Location: Dance-Right

Activity #	Date	Time	Fees
120214-A	Wed: 9/15-12/8*	7:30-8:30pm	R: \$91 / NR: \$101

*No class dates 11/24

Teen Jazz/ Hip Hop 12 & up

Very exciting dance style, done to your favorite popular music!

Instructor: EBD-Wilhelm

Location: Dance-Left

Activity #	Date	Time	Fees
120252-A	Fri: 9/17-12/10*	7:30-8:30pm	R: \$132 / NR: \$142

*No class dates 11/26, 12/3

Sr. Level Ballet All Ages

Instructor placement required. Senior level, formerly Advanced Ballet and Prepointe/Pointe, is a high level class for students with extensive ballet training, appropriate muscular development, endurance, and the maturity needed for an extremely rigorous ballet program.

Attendance at both classes weekly is expected for students desiring to train for pre-pointe. At the Senior II level, students are working toward preparedness for pointe training. Students will be enrolled initially as prepointe students for a specified evaluation period to determine readiness for pointe. Program instructors typically evaluate students at the start of each semester and will provide Pointe instruction only for students who they deem to be physically ready for the challenges of Pointe work. Regular attendance at classes is essential at this level to maintain strength.

Location: Dance-Right

Activity #	Date	Time	Fees
Instructor: EBD- Clay			
Senior Ballet			
140202-A	Mon: 9/13-12/6*	6:45-8pm	R: \$180 / NR: \$190

Pre-Pointe/Pointe			
140202-B	Mon: 9/13-12/6*	8-8:30pm	R: \$72 / NR: \$82

Instructor: EBD- Cleary

Senior Ballet			
140202-C	Thu: 9/16-12/9*	7:45-9pm	R: \$165 / NR: \$175

Instructor: EBD- Thornton

Senior Ballet			
140202-D	Sat: 9/18-12/11*	10-11:30am	R: \$198 / NR: \$208

Pointe			
140202-E	Sat: 9/18-12/11*	11:30am-12pm	R: \$66 / NR: \$76

*No class dates Mon: 10/11, Thurs: 11/11, 11/25, Sat: 11/27, 12/4



Teen/ Adult Contemp. Ballet 12 & up

Contemporary Teen/Adult Ballet (No experience necessary.)

This class is available to all students grades 6 and above who wish to experience the beauty of ballet in a contemporary style using contemporary music. A fun way to express yourself and build strength and flexibility.

Location: Dance-Left

Instructor: EBD- Rebollar

Activity #	Date	Time	Fees
150208-A	Wed: 9/15-12/8	8:15-9:15pm	R: \$156 / NR: \$166

Musical Theatre- Teens/Adults 12 & up

This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre. Facial expressions and exaggerated movements needed for dance in theatre will be taught. No special shoes or clothing required.

Instructor: EBD-Jackson

Location: Dance-Left

Activity #	Date	Time	Fees
150219-A	Wed: 9/15-12/8	6:15-7:15pm	R: \$156 / NR: \$166

Dance Classes

Contemporary Social Dancing

NEW!

13-19 years

If you love music and want to dance, then this is the class for you! Impress your friends with your ability to dance and move to the music on your iPod play list, or on any of your favorite CD's. Bring your music to class and learn how to dance to it. Class will include various contemporary, social, and other dances with music and dance selections that you like to listen to. Your friends will be impressed when you show them that you know how to dance. Class will focus on the current basic ballroom dances. We'll have a great class that feels like a party every week. Bring your friends. Partners recommended. No Pre-requisites.

Instructor: Tom Woll & Assoc.

Location: Dance-Left

Activity #	Date	Time	Fees
140201-A	Thu: 9/16-10/7	4-5pm	R: \$32 / NR: \$42

Flamenco 13 & up

The dances of Spain are varied and rich in ethnic and regional traditions. Fluid arms and percussive footwork are hallmarks of Flamenco dance that are paralleled in the beautiful melodies and intricate rhythms of Flamenco music. Originating in the Andalusia region of southern Spain, the fire of Flamenco dance is reflective of its gypsy (Gitano) dancing roots and influences from Arabic traditions. Learn traditional as well as original dances that are steeped in folklore and melding cultures dating back to the 1500's in then Moorish Spain. Encompassing regional and folk dance as well as classical and neo-classical dance, Spanish Dance uses a wide variety of traditional music and features castanets. Castanets are handheld, percussive instruments that highlight and accent the intricate rhythms of the many dances they accompany. This Flamenco class will not include the study of castanets.

Instructor: Dream In Color

Activity #	Date	Time	Fees
Flamenco- Ages 13-18			
140203-A	Tue: 9/14-12/14*	6-7pm	R: \$91 / NR: \$101

Flamenco- 18yrs & up

Activity #	Date	Time	Fees
140203-B	Tue: 9/14-12/14*	7-8pm	R: \$91 / NR: \$101

*No class dates 11/2, 11/24



Adult International Folk Dance

NEW!

13 & up

This fall, travel the world with the magic and music of International folk dancing! Designed with the beginner in mind, this class provides an exciting introduction to a variety of world cultures. Folk dance is a fun way to exercise, socialize, learn about other cultures, and have a great time! In this class, students will be introduced to lively, enjoyable ethnic dances from all around the world, ranging from Ireland, Israel, England and East India to classic American folk dances such as the Virginia Reel and much more. No special shoes required. Improve your balance, agility, skill, and coordination while broadening your cultural horizons!

Instructor: Dream In Color

Location: Dance-Right

Activity #	Date	Time	Fees
150215-A	Sat: 9/18-12/11*	10-11am	R: \$83 / NR: \$93

*No class dates 11/27, 12/4

Ballroom Wedding Dances 18 & up

Learn to dance for that special occasion, your wedding. Or, just take the course to learn the three most common ballroom wedding dances, the Waltz, Foxtrot and Rumba.



These are the three basic slow dances that couples chose for their special first dance. You'll learn proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine for your dance.

Instructor: Tom Woll & Assoc.

Location: Art Room

Activity #	Date	Time	Fees
150213-A	Thu: 9/16-11/4*	6:30-8pm	R: \$92 / NR: \$102

*No class dates 11/11

Social Dance 18 & up

Designed with the non-dancer in mind, learn the dance basics needed to survive that wedding reception, cruise ship vacation, or New Year's Eve dance and to do it with style and grace. This course covers the basics of Waltz, Rumba, Foxtrot, Tango, Swing, Cha Cha, and Merengue with proper dance position, and how to lead and follow. Partners encouraged, but singles are welcome. Optional instruction aids, publications, audio tapes and CD's will be available for purchase.

Instructor: Tom Woll & Assoc.

Location: Art Room

Activity #	Date	Time	Fees
150214-A	Thu: 9/16-11/4*	8-9:30pm	R: \$92 / NR: \$102

*No class dates 11/11

Private Piano or Voice Lessons 4 & up

This class offers the student who is interested in developing vocal talent the opportunity to work one on one with a vocal coach, or beginner to intermediate level piano. Basic voice training exercises will be used as well as classical, Broadway or contemporary music selections. Student is responsible for purchasing his/her own music book.

Instructor: Dream In Color

Location: To Be Announced

Activity #	Date	Time	Fees
130704-A	Mon: 9/13-12/6*	3:30-4pm	R: \$390 / NR: \$400
130704-B	Mon: 9/13-12/6*	4-4:45pm	R: \$564 / NR: \$574
130704-C	Mon: 9/13-12/6*	4:45-5:45pm	R: \$732 / NR: \$742
130704-D	Mon: 9/13-12/6*	5:45-6:15pm	R: \$390 / NR: \$400
130704-E	Mon: 9/13-12/6*	6:15-7pm	R: \$564 / NR: \$574
130704-F	Mon: 9/13-12/6*	7-8pm	R: \$732 / NR: \$742
130704-G	Thu: 9/16-12/16*	3:30-4pm	R: \$390 / NR: \$400
130704-H	Thu: 9/16-12/16*	4-4:45pm	R: \$564 / NR: \$574
130704-I	Thu: 9/16-12/16*	4:45-5:45pm	R: \$732 / NR: \$742
130704-J	Thu: 9/16-12/16*	5:45-6:15pm	R: \$390 / NR: \$400
130704-K	Thu: 9/16-12/16*	6:15-7pm	R: \$564 / NR: \$574
130704-L	Thu: 9/16-12/16*	7-8pm	R: \$732 / NR: \$742
130704-M	Sat: 9/18-10/9*	9:30-10am	R: \$130 / NR: \$140
130704-N	Sat: 9/18-10/9*	10-10:30am	R: \$130 / NR: \$140
130704-O	Sat: 9/18-10/9*	10:30-11am	R: \$130 / NR: \$140
130704-P	Sat: 9/18-10/9*	11-11:30am	R: \$130 / NR: \$140
130704-Q	Sat: 9/18-10/9*	11:30am-12pm	R: \$130 / NR: \$140
130704-R	Sat: 9/18-10/9*	12-12:30pm	R: \$130 / NR: \$140
130704-S	Sat: 10/16-11/6*	9:30-10am	R: \$130 / NR: \$140
130704-T	Sat: 10/16-11/6*	10-10:30am	R: \$130 / NR: \$140
130704-U	Sat: 10/16-11/6*	10:30-11am	R: \$130 / NR: \$140
130704-V	Sat: 10/16-11/6*	11-11:30am	R: \$130 / NR: \$140
130704-W	Sat: 10/16-11/6*	11:30am-12pm	R: \$130 / NR: \$140
130704-X	Sat: 10/16-11/6*	12-12:30pm	R: \$130 / NR: \$140
130704-Y	Sat: 11/13-12/18*	9:30-10am	R: \$130 / NR: \$140
130704-Z	Sat: 11/13-12/18*	10-10:30am	R: \$130 / NR: \$140
130704-Z1	Sat: 11/13-12/18*	10:30-11am	R: \$130 / NR: \$140
130704-Z2	Sat: 11/13-12/18*	11-11:30am	R: \$130 / NR: \$140
130704-Z3	Sat: 11/13-12/18*	11:30am-12pm	R: \$130 / NR: \$140

*No class dates Mon: 10/11, Thurs: 11/11, 11/25, Fri: 11/27, 12/4

Private Saxophone or Flute 8 & up

Students can choose to take private flute or saxophone instruction beginner through advanced levels from Michael Horton. He has been a musician for more than 40 years and teaching music for 15 years. Michael is primarily a jazz/blues/gospel instrumentalist (sax and flute). Lessons missed due to student's absence will not be made up.

Instructor: Dream In Color

Location: Senior Center-Right

Activity #	Date	Time	Fees
130706-A	Wed: 9/15-12/8*	3:30-4pm	R: \$390 / NR: \$400
130706-B	Wed: 9/15-12/8*	4-4:45pm	R: \$564 / NR: \$574
130706-C	Wed: 9/15-12/8*	4:45-5:45pm	R: \$732 / NR: \$742
130706-D	Wed: 9/15-12/8*	5:45-6:15pm	R: \$390 / NR: \$400
130706-E	Wed: 9/15-12/8*	6:15-7pm	R: \$564 / NR: \$574
130706-F	Wed: 9/15-12/8*	7-8pm	R: \$732 / NR: \$742

*No class dates 11/24

Private Violin Lessons 5 & up

Students can choose to take private violin instruction beginner through advanced levels from Kat Whitesides. She has experience teaching group classes and coaching chamber music as well as teaching private lessons. She is a member of the Maryland Symphony and is an active freelance musician in the DC area. Choose either a 30 min, 45, or 60 min lesson. Lessons missed due to student's absence will not be made up. For additional times, please contact Dream in Color directly at 703-642-1711.

Instructor: Dream In Color

Location: Senior Center-Right

Activity #	Date	Time	Fees
130705-A	Tue: 9/14-12/7*	3:30-4pm	R: \$390 / NR: \$400
130705-B	Tue: 9/14-12/7*	4-4:45pm	R: \$564 / NR: \$574
130705-C	Tue: 9/14-12/7*	4:45-5:45pm	R: \$732 / NR: \$742
130705-D	Tue: 9/14-12/7*	5:45-6:15pm	R: \$390 / NR: \$400
130705-E	Tue: 9/14-12/7*	6:15-7pm	R: \$564 / NR: \$574
130705-F	Tue: 9/14-12/7*	7-8pm	R: \$732 / NR: \$742

*No class dates 11/23

Beginner Guitar 1 9 & up

If you cannot read music or play another instrument, then this is the class for you! Learning guitar is fun and provides a platform for self-expression, enrichment, and personal growth. Students will be exposed to a variety of songs and exercises that will begin to broaden their understanding of technique, ear training, music theory, and music appreciation. Learn how to play, tune and care for your guitar. Students must furnish their own instrument. A \$20 materials fee is due the first day of class, payable to the instructor.

Instructor: Donald Phillips

Location: Preschool Room

Activity #	Date	Time	Fees
130603-A	Thu: 9/23-11/18*	5-6pm	R: \$101 / NR: \$111
130603-B	Thu: 9/23-11/18*	6-7pm	R: \$101 / NR: \$111

*No class dates 11/11, 11/25



Arts & Crafts Classes

Holiday Card and Gift Workshop

14 & up

Let's make some holiday cards and gifts! Spend a day in "stamp camp" learning rubberstamping and paper crafting basics including techniques, tools, materials, and papers that will speed you on your way to creating your own handmade and professional-looking holiday cards and gifts. You will complete several card and gift projects with themes to suit the Fall Season, Thanksgiving and the Winter Holidays. All materials will be supplied.

Instructor: Carol Lavrich

Location: Art Room

Activity #	Date	Time	Fees
150117-A	Fri: 11/12-12/10*	7-9pm	R: \$81 / NR: \$91

*No class dates 11/26, 12/3

Scrapbooking: Beg/ Int. 14 & up

These albums make the perfect home-made gift that friends and family will treasure.....or you can create a whole library of interesting and interactive albums of your own. You can put all sorts of things on the pages: pictures, journaling blocks, stickers, receipts, recipes, etc. These albums truly become interactive and treasured keepsakes.

Instructor: Carol Lavrich

Location: Art Room

Activity #	Date	Time	Fees
150104-A	Fri: 10/15-11/5	7-9pm	R: \$112 / NR: \$122

Greeting Card Making 101 14 & up

Learn rubberstamping and paper crafting basics including techniques, tools, materials, and papers. Discover different types of stamps, ink pads, tools and papers available, how to cut paper, how to get a good impression, how to coordinate layouts, papers, and embellishments and embossing. Students with rubberstamping and scrapbooking experience will also be challenged and learn new ideas.

Instructor: Carol Lavrich

Location: Art Room

Activity #	Date	Time	Fees
150109-A	Fri: 9/17-10/8	7-9pm	R: \$112 / NR: \$122

Watercolor Painting for All

15 & up

No tricks, just skill and imagination bring the fun and excitement of watercolor painting to all who have a desire to paint with this transparent and beautiful medium. Beginners will learn the basics while doing simple exercises and paintings to learn color theory, brushwork, paint application and composition. A variety of subjects will include still life, landscape and water scenes. Intermediate students will improve skills with advanced exercises.

Instructor: Vivian P. Attermyer

Location: Teen Center

Activity #	Date	Time	Fees
150115-A	Mon: 9/20-11/15*	10am-12:30pm	R: \$168 / NR: \$178

*No class dates 10/11

Oil or Acrylic Painting 15 & up

NEW!

Not just the basics, this class provides an overall approach to painting with oil or acrylic paint. These are robust painting mediums with lots of leeway for serious realistic painting to whimsical or abstract work. There will be lessons on basic and advanced color theory, composition, brush handling, glazing and scumbling. Students work from their own resource photos and a variety of subjects will include still life, landscape and the possibility of adding figures to a composition. Occasional demonstrations will help both serious painters and those who paint for enjoyment. Materials list will be provided.

Instructor: Vivian P. Attermyer

Location: Art Room

Activity #	Date	Time	Fees
150116-A	Mon: 9/13-11/15*	1:30-4pm	R: \$168 / NR: \$178

*No class dates 10/11

Dabbling in Paint 17 & up

NEW!

Want to paint, but unsure how to begin? This class is designed for all skill levels. Learn techniques for painting with both oils and acrylics in a canvas format up to 36x42. Brush applications, color coordination and theory with artistic styles will be explored. Art appreciation and history will also be studied in order to enhance your skills as an artist. Release your inner Picasso or Rembrandt with these new and classic mediums. Supply list available. Students must supply materials.

Instructor: Donald Phillips

Location: Teen Center

Activity #	Date	Time	Fees
150118-A	Fri: 10/8-12/10*	12:15-2:45pm	R: \$197 / NR: \$207

*No class dates 10/29, 11/27, 12/3

Watercolor Critique Classes

18 & up

NEW!

Constructive and positive critiques will be given on one up to three paintings brought in by artists once a month at each of the 2 sessions.

Artists will be instructed on how to improve and adjust the composition and design of their painting. Color, texture, pattern, size, shape, line, value, balance, harmony and all the considerations required for good art work will be explored. Discussions will include framing, submissions for art shows and sales. This class is designed to guide and help artists become more professional and successful in their field.

Instructor: Carolyn Grosse' Gawarecki

Location: Art Room

Activity #	Date	Time	Fees
150114-A	Tue: 9/21	10:30am-12:30pm	R: \$80 / NR: \$90
150114-B	Tue: 9/21	1-2:30pm	R: \$80 / NR: \$90
150114-C	Tue: 10/19	10:30am-12:30pm	R: \$80 / NR: \$90
150114-D	Tue: 10/19	1-2:30pm	R: \$80 / NR: \$90
150114-E	Tue: 11/16	10:30am-12:30pm	R: \$80 / NR: \$90
150114-F	Tue: 11/16	1-2:30pm	R: \$80 / NR: \$90
150114-G	Tue: 12/7	10:30am-12:30pm	R: \$80 / NR: \$90
150114-H	Tue: 12/7	1-2:30pm	R: \$80 / NR: \$90



TEEN CENTER

Teen Center hours of operation: Mondays – Fridays 3pm – 6pm

The Teen Center is located at the Falls Church Community Center and is open exclusively for teens Monday through Friday from 3pm – 6pm and on early release Wednesdays. The drop-in Teen Center features a pool table, ping pong, foosball, air hockey, a large screen television with surround sound and a Wii. Every Wednesday a movie is shown and free popcorn and sodas are provided. For more information on Teen Programming, please call the Teen coordinator at **703-248-5307**.

Dances

The Recreation and Parks Department offers several dances during the school year for youth in grades 6-8. While the DJ spins your favorites, participants can dance, hang out with friends, play basketball or play games in the teen center such as pool, ping pong, air hockey and more. Pizza and sodas are available for sale. Once participants enter the building, they may not leave until they are signed out by an adult. No pre-registration necessary!

Dates: Saturdays, September 25, October 16, November 6 and December 18

Time: 7:30pm to 10:30pm

Fee: \$5

Friday Night Madness

Midnight madness is a fun night out for youth in grades 5-7. Participants have the opportunity to hang out with their friends and participate in activities. Some sample activities may include games such as “Don’t forget the Lyrics”, bingo, eating contests, scavenger hunts and more! A PG or PG-13 film is shown as well. Pizza and sodas are available for sale. Once children enter the facility, they may not leave until they are signed out by an adult. No pre-registration necessary!

Dates: Fridays, October 22, November 19 and December 10

Time: 7-11pm

Fee: \$3



Movie Wednesdays

Every Wednesday popcorn and sodas will be available to teens at the teen center while we show a movie on the big screen television. Movies will be rated PG or PG-13.

Fee: Free

Teen Council

The Teen Council is a youth action group consisting of children in grades 6-8 and serves as an advisory group to the Teen Coordinator. The group will meet the last Monday of every month. During meetings, the group will discuss issues facing themselves and their peers, plan monthly volunteer projects and social activities as well as discuss and make suggestions for teen programming at the community center. The first meeting will be held Monday, September 27. Teen Council applications will be available beginning August 25 at the Falls Church Community Center. There will be additional fees for field trips.

Dates: Last Monday of each month September through May

Time: 3:30pm to 4:30pm

Fee: \$20

Teen Work List

Are you looking for work to make some money? This service is for you to place your name on a list for possible work opportunities. When residents need someone to do jobs such as babysitting, yard work, snow shoveling, dog walking and more, they can contact us and we will contact you! Please call the Teen Coordinator at **703-248-5307**, amaltese@fallschurchva.gov, or stop by at the Community Center for a registration form. Once you are registered, the next time work is available, we will send you an e-mail to let you know!

Girl Power

Girl Power is a community based prevention program designed to prevent alcohol, tobacco and other drug use and promote mental wellness for girls ages 12 – 14, and who are in grades 7th – 8th. The program will be held weekly on Tuesday afternoons at the Falls Church Community Center. The Girl Power program's intent is to provide culturally sensitive, gender specific prevention approaches. Girl Power assists schools and communities in reaching out to girls and provides challenging skill-building activities to help them live healthy, productive, and drug free lives. This program is free but participants must be pre-registered and committed to the program for its duration which is 32 weeks. Further details will be available late August.

Fee: Free

Dates: Tuesdays from September 28 – May 24

Ages: 12-14 and in grades 7th – 8th

Middle School Activities

Movie Club-Middle School 10-14 years

Join us every THIRD THURSDAY for a trip to the AMC Theaters at Tysons. Selected movies will be rated G, PG or PG-13. The group majority will choose the movie. Tickets are \$8.50 for a child (12 and under) and \$11.50 for an adult (13 and up). Please bring enough money to purchase a ticket and additional money for snacks. Return times may vary.

Activity #	Date	Time	Fees
141442-A	Thu: 9/16	3:30-7pm	\$18
141442-E	Thu: 10/21	3:30-7pm	\$18
141442-F	Thu: 11/18	3:30-7pm	\$18
141442-G	Thu: 12/16	3:30-7pm	\$18

Fishing 10-17 years

Want to spend a day catching fish and enjoying time outside? Join the staff of Virginia Fishing Adventures Fishing Camp for a private farm pond fishing trip. Participants will fish for bass and sunfish. Virginia Fishing Adventures will provide all equipment. No experience necessary. Trip leaves from the Falls Church Community Center. Transportation provided by Virginia Fishing Adventures. For more information on Virginia Fishing Adventure, go to: www.virginiafishingadventures.com.



Activity #	Date	Time	Fees
141493-A	Sun: 9/26	11:30am-6:30pm	\$100

Skate Park 10-14 years

This skatepark at Powhatan Spring Park has a combination of street style and old-school style elements. Some elements are: 8' & 11' foot deep bowls, a hump, volcano, 4' & 6' half pipes with spine, fun box, flat and round rails and much more! HELMETS ARE REQUIRED. They do not rent helmets so you must bring your own. Please also bring knee and elbow pads.

Activity #	Date	Time	Fees
141444-D	Mon: 9/27	3:30-6:30pm	\$15
141444-E	Tue: 10/26	3:30-6:30pm	\$15
141444-F	Tue: 11/16	3:30-6:30pm	\$15

Swimming 10-14 years

Get your bathing suits back into the water at the Leisure Pool at the Cub Run RECenter. This pool features a 30-foot high slide that exits the building in an enclosed tube as well as a 20-foot high slide with an open tube. Please bring \$10 for admission and additional money for food.

Activity #	Date	Time	Fees
141440-A	Thu: 9/30	3:15-8pm	\$21

ESPN Zone 10-14 years

Join us at ESPN Zone for large screen televisions, air hockey, bowling, basketball, arcade games and great food! Please bring money for the metro, food and games.

Activity #	Date	Time	Fees
141413-A	Tue: 10/5	3:30-8pm	\$21

Hershey Park 10-13 years

Join us for Hershey Park in the Dark! Have you ever wondered how they make chocolate? Join us as we go to Hershey Park to learn about chocolate and test our limits on rides such as the Comet, Fahrenheit, Widewinder, Storm Runner and more! Please bring money for food and souvenirs.

Activity #	Date	Time	Fees
141451-A	Sat: 10/9	TBD	TBD

Paintball 10-14 years

Ready, Aim, Fire! Take aim at your friends at Hogback Mountain. All necessary rental equipment is provided in the rental package as well as 500 paintballs. Those with their own equipment also receive 500 paintballs. Come out and enjoy a day of playing paintball. Please bring lunch or bring \$5 for lunch and money for extra paintballs. **YOU MAY NOT BRING YOUR OWN PAINTBALLS!**



Activity #	Date	Time	Fees
Paintball - Rental			
141488-D	Thu: 11/11	9am-6:30pm	\$74
Paintball - Own Equipment			
141488-E	Thu: 11/11	9am-6:30pm	\$59

Medieval Times 10-13 years

It is time for battle! Watch knights compete on horseback while feasting on chicken, spare rib, potato and more! We will cheer for our knight and hopefully we will be victorious! Please bring additional money for souvenirs.

Activity #	Date	Time	Fees
141468-A	Sat: 11/20	5-10:30pm	\$72

Ice Skating 10-14 years

Come skate outdoors at the National Gallery of Art Sculpture Garden. Enjoy music and art while you skate! Please bring \$12 for admission, locker and skate rental as well as additional money for the metro and snacks at Pavilion Cafe.

Activity #	Date	Time	Fees
141401-A	Fri: 12/3	3:30-8pm	\$19

Holiday Cookies 10-13 years

Get into the spirit of the holidays with your friends as we prepare some classic holiday cookies as well as some out of the ordinary cookies. If you have a favorite cookie, please feel free to submit the recipe in advance.

Location: Senior Center-Left

Activity #	Date	Time	Fees
141496-A	Mon: 12/13	3-6pm	\$12

High School Activities & Classes

Washington Nationals 13-18 years

Take me out to the ball game, Take me out with the crowd;
Buy me some peanuts and Cracker Jacks, I don't care if I
never get back. Let me root, root, root for the home team,
If they don't win, it's a shame. For its one, two, three strikes,
you're out, At the old ball game. Come and join to see your
Washington Nationals take on the Atlanta Braves. Please bring
money for food and souvenirs.

Activity #	Date	Time	Fees
141495-A	Fri: 9/24	5:30-11pm	\$46

Fishing 10-17 years

Want to spend a day catching fish and enjoying time outside?
Join the staff of Virginia Fishing Adventures Fishing Camp
for a private farm pond fishing trip. Participants will fish for
bass and sunfish. Virginia Fishing Adventures will provide
all equipment. No experience necessary. Trip leaves from the
Falls Church Community Center. Transportation provided by
Virginia Fishing Adventures. For more information on Virginia
Fishing Adventure, go to: www.virginiafishingadventures.com.

Activity #	Date	Time	Fees
141493-A	Sun: 9/26	11:30am-6:30pm	\$100

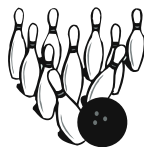
Hershey Park 14-18 years

Join us for Hershey Park in the Dark! Have you ever wondered
how they make chocolate? Join us as we go to Hershey Park to
learn about chocolate and test our limits on rides such as the
Comet, Fahrenheit, Widewinder, Storm Runner and more!
Please bring money for food and souvenirs.

Activity #	Date	Time	Fees
141451-B	Sat: 10/9	TBD	TBD

Bowling 13-18 years

At Bowl America, when the lights go out, the
pins light up, fog rolls over the lanes, lasers
beam around the room and the music rocks.
The fee includes shoe rental and games. Please
bring additional money for snacks.



Activity #	Date	Time	Fees
141417-A	Fri: 10/22	9-12am	\$32

Medieval Times 14-18 years

It is time for battle! Watch knights compete on horseback while
feasting on chicken, spare rib, potato and more! We will cheer
for our knight and hopefully we will be victorious! Please bring
additional money for souvenirs.

Activity #	Date	Time	Fees
141468-C	Sat: 11/20	5-10:30pm	\$92

CLASSES FOR HIGH SCHOOL STUDENTS

Theatrical Teens! 11-15 years

In this acting workshop, teens will learn improvisation theater
techniques, engage in art projects, and write our own sketches.
Throughout the classes, these seasoned actors will combine their
theatrical and artistic know how in set design and costume design
while learning about a relevant social issue. Using this social issue
as a backbone for their presentation, this class will write as well as
direct their own original play to be presented on the last day.

Instructor: C.A.R.E. Actor

Location: Community Room

Activity #	Date	Time	Fees
140704-A	Thu: 9/16-10/7*	5-6:15pm	R: \$60 / NR: \$70
140704-B	Thu: 10/21-12/9*	5-6:15pm	R: \$90 / NR: \$100

*No class dates 11/11, 11/25

Contemporary Social Dancing

13-19 years

If you love music and want to dance, then this is the class for
you! Impress your friends with your ability to dance and move
to the music on your iPod play list, or on any of your favorite
CD's. Bring your music to class and learn how to dance to
it. Class will include various contemporary, social, and other
dances with music and dance selections that you like to listen
to. Your friends will be impressed when you show them that
you know how to dance. Class will focus on the current basic
ballroom dances. We'll have a great class that feels like a party
every week. Bring your friends. Partners recommended. No
Pre-requisites.

Instructor: Tom Woll & Assoc.

Location: Dance-Left

Activity #	Date	Time	Fees
140201-A	Thu: 9/16-10/7	4-5pm	R: \$32 / NR: \$42



Youth Sports

Fall Soccer Ages 5-14

Teams will be formed by age groups and will participate in Arlington Soccer Association. Practices and games will be held at nearby fields; times vary by team. Practices start after Labor Day and games go through November. Volunteer coaches are needed. For more information on registration, fees, and league rule information, call (703) 248-5077.

Early Bird Registration: July 19th-Aug 8th

U6/U7 – R: \$85 / NR: \$95

U8 & Above - R: \$100 / NR: \$110

Regular Registration: Aug 9th – Aug 22nd

U6/U7 – R: \$100 / NR: \$115

U8 & Above - R: \$110 / NR: \$125

1st Touch Soccer Clinic Ages 3-4

First Touch is a program designed to develop your young players love and interest in soccer by providing the FUN-damental skills and techniques needed. A six-session course open to boys and girls ages 3 & 4.



Each hour long session focuses on a different skill of the game. Footwork, dribbling, passing, shooting, 1st touch, and juggling are followed with live games to finish each day. Clinic runs from September 11- October 16th. Registration for the clinic starts July 19th and will stay open until filled.

Instructor: TBA

Location: Larry Graves Field

Class Dates: September 11th – October 16th

631104-A 3 Yr Olds Saturdays 9-10am

631104-B 4 Yr Olds Saturdays 10-11am

Fees: R: \$60 / NR: \$70

Youth Flag Football Grades 2-7

Falls Church Recreation & Parks Dept. will be hosting our annual youth flag football league this Fall. This program is a co-ed, non-contact 5-on-5 league that focuses on teaching the fundamentals of football in a fun, competitive, and safe environment. League will be run on Saturday evenings at George Mason High School starting at 3pm each week. Volunteer coaches are still needed. Please contact Chris Madison for more details at 703-248-5077.

Early Bird Registration: July 19th-Aug 15th

Fees: R: \$80 / NR: \$90

Regular Registration: Aug 9th – Aug 22nd

Fees: R: \$95 / NR: \$105

Location: George Mason Turf Field

Tryout Dates: September 11th Times - TBA

600001-A: Grades 2-4

600001-B: Grades 5-7

NFL Punt, Pass, & Kick Ages 8-15

What is Punt, Pass, & Kick? It is a FREE opportunity for boys and girls ages 8-15 to compete in a fun environment against their peers in a NFL sponsored football skills competition. The kids will compete in three activities (punting, passing, and place kicking) where their total combined distances will be scored, with the winners in each age/gender division moving on to a district competition.

Location: George Mason Turf Field

Dates: Saturday, September 18th

House League Basketball Ages 3-17

Registration for boys and girls house basketball league teams runs from October 4th through October 31st. Teams will be formed by age groups and drafted into teams and will participate in our winter house league. Practices and games will be scheduled in area gyms; practice and game times vary by teams. Volunteer coaches and paid referees are needed! Call (703) 248-5077 for more information.

U6/U7 – R: \$120 / NR: \$130

U8 & Above - R: \$135 / NR: \$145

Regular Registration: October 18-31

U6/U7 – R: \$135 / NR: \$150

U8 & Above - R: \$145 / NR: \$160

Select League Basketball

Age Groups – Boys/Girls 10&under, 11&under, 12&under, 13& under, 14&under

Registration – Players will register once accepted to a team.

For those basketball players interested in a more competitive and highly skilled environment, Falls Church Rec & Parks will sponsor several teams in the FCYBL Select Basketball League. All players will be required to tryout and be selected to the age appropriate team. Tryouts will start the 1st week of October. Contact Chris Madison at 703-248-5077 for further information.

1st Touch Basketball Clinic Ages 3-4

First Touch is a program designed to develop your young player's love and interest in basketball by providing the FUN-damental skills and techniques needed. A six-session course open to boys and girls ages 3 & 4. Each 45 minute session will include station work that focuses on different skills to include shooting, dribbling, passing, and footwork. It gives parents and children the opportunity to work one-on-one and spend quality time together. Parents/guardians are asked to stay and participate during clinic.

Instructor: TBA

Location: TBA

Class Dates: January 8th-12th, 2011

Fees: R: \$70 / NR: \$80

621103-A 3 Yr Olds Saturdays 9am

621103-B 4 Yr Olds Saturdays 10am

Early Hoopers Basketball Clinic Ages 5-6

The 5 & 6 year old co-ed Early Hoopers Basketball Clinic is a once-per-week instructional clinic that focuses on the basic fundamental skills and rules of basketball as it begins to prepare the participant for league competition. The clinic is held for 7 weeks on Wednesdays and Saturdays. Volunteers are always welcome to assist our staff. Clinics start the 1st week of January.

Instructor: TBA

Location: TBA

Fee: R: \$75 / NR: \$85

5-Year Old Clinics:

621105-A	Wednesdays	5:15-6pm
621105-B	Saturdays	9-9:45am
621105-C	Saturdays	10-10:45am

6-Year Old Clinics:

621106-A	Wednesdays	6:15-7pm
621106-B	Saturdays	11-11:45am
621106-C	Saturdays	12-12:45pm



ADULT SPORTS

Adult Fall Basketball League

Registration runs July 29th until August 15th. League play starts the beginning of September and runs through the beginning of November. Various levels of competition are offered. Registration is on a team-basis only and team members must be 18 years or older. Call **703-248-5077** for registration form, fees, and league rules.

Adult Fall Co-Ed Volleyball League

Registration runs July 29th until August 15th. League play starts the beginning of September and runs through the beginning of November. Registration is on a team-basis only and team members must be 18yrs or older. Call **703-248-5077** for registration form, fees, and league rules.

Adult Fall Co-Ed Soccer

For more information, call **703-248-5077** and ask for Chris Madison.



Winter Adult Basketball League

Registration runs November 1 - November 21 for winter adult basketball teams. Various levels of competition are offered and play begins in January. Registration is on a team-basis only and team members must be 18 years or older. For more information, call **703-248-5077**.

33rd Annual City Tennis Tournament

Calling all city residents and employees! Come test your tennis skills in the 33rd Annual Falls Church City Tennis Tournament. Registration is going on now through September 5th. Tournament play runs September 6th – Oct 24th. Players schedule their own matches within a specific amount of time so everyone can work around their busy schedules and make time for some good tennis! Additional info is available by calling **703-248-5077** or stopping by the Community Center to pick up a flyer!

YOUTH & ADULT SPORT CLASSES

Beg. Olympic Sport Fencing 6 & up



Known as "the physical game of chess" and the fastest martial art, fencing provides a tremendous physical and mental workout. A fencer's goal is to hit the opponent on a valid target without being hit. All movements include handwork, footwork, and strategy formulation. Reflexes, speed, and cunning are integral parts of this sport which is excellent for building

coordination, balance and agility. Protective masks, jackets and safety tipped swords are used to make fencing one of the safest sports for adults and children alike. An equipment rental fee of \$29 should be made payable to VAF on the first day of class. Also, a waiver must be signed by a parent/legal guardian on the first day.

Location: VA Academy of Fencing

Activity #	Date	Time	Fees
Fencing Ages 6-8			
120501-A	Sun: 9/19-10/24	9:15-10am	R: \$93 / NR: \$103
120501-B	Tue: 9/21-10/26	5:15-6pm	R: \$93 / NR: \$103
Fencing Ages 9-13			
120501-D	Sat: 9/18-10/23	10-11am	R: \$93 / NR: \$103
120501-E	Sun: 9/19-10/24	10-11am	R: \$93 / NR: \$103
120501-F	Mon: 9/20-10/25	7-8pm	R: \$93 / NR: \$103
120501-G	Tue: 9/21-10/26	6-7pm	R: \$93 / NR: \$103
120501-H	Thu: 9/23-10/28	7-8pm	R: \$93 / NR: \$103
Fencing Ages 14 & up			
120501-J	Sat: 9/18-10/23	12-1pm	R: \$93 / NR: \$103
120501-K	Sun: 9/19-10/24	11am-12pm	R: \$93 / NR: \$103
120501-L	Mon: 9/20-10/25	8-9pm	R: \$93 / NR: \$103
120501-M	Tue: 9/21-10/26	7-8pm	R: \$93 / NR: \$103

Youth & Adult Sport Classes



Beginning & Int. Karate 9 & up

Beginning Karate is an introductory class of people of all ages interested in learning martial arts. The beginner class covers basic blocks, kicks, punches, self-defense techniques, and forms (katas) that are common to many martial arts. The physical requirements are tailored to the students' capabilities. Beginning students do not participate in any sparring (fighting). The Intermediate class is intended for students with experience in martial arts and will include more blocks, kicks, punches, self-defense techniques, and katas necessary for advancement to senior belts. Intermediate level classes will also include sparring as part of the training. Students are required to have significant experience before participating in sparring to ensure everyone's safety. Continuing students are expected to have uniforms. Additional information is available on the Internet at www.StratfordKarate.org

Instructor: Bill Kennedy & Richard Hathaway

Location: Dance-Left

Activity #	Date	Time	Fees
Beginning Karate			
120502-A	Mon: 9/13-12/2*	7-8pm	R: \$137 / NR: \$147
Intermediate Karate			
120502-B	Mon: 9/13-12/2*	8:15-9:15pm	R: \$137 / NR: \$147

*No class dates 10/11

Black Belt Martial Arts 16 & up

This class is specifically for Black Belts of any style. The class will explore martial arts beyond the first Black Belt degree (dan). Black Belt forms (katas) necessary for second dan in Tang Soo Do will be taught along with some weapons techniques and katas. This seminar-style class will be led by two 3rd dan Tang Soo Do instructors and advanced 'guest' instructors from the local area, as available. Students will be encouraged to teach advanced techniques to the rest of the class. More information is available on the Internet at www.StratfordKarate.org

Instructor: Bill Kennedy & Richard Hathaway

Location: Dance-Left

Activity #	Date	Time	Fees
150507-A	Thu: 9/16-12/9*	8:15-9:15pm	R: \$137 / NR: \$147

*No class dates 11/11, 11/25

Advanced Karate 9 & up

This class is for senior students of martial arts. We practice blocks, kicks, punches, self-defense techniques, and forms (katas) for advancement. Continuing students are expected to have uniforms and hand and feet protection. Classes include sparring as part of the training but before participating in sparring as part of the training, students are required to have enough experience to ensure everyone's safety. Additional information is available on the Internet at

www.StratfordKarate.org

Instructor: Bill Kennedy & Richard Hathaway

Location: Dance-Right

Activity #	Date	Time	Fees
150502-A	Thu: 9/16-12/9*	8:15-9:15pm	R: \$137 / NR: \$147

*No class dates 11/11, 11/25



Historical Swordsmanship 9 & up



Students will explore swordsmanship the way that it was originally practiced in the Medieval and Renaissance periods. Historical swordsmanship recreates the techniques used by fencers who lived before the modern sport was created. Safe wooden

bamboo swords called shinai are used as well as protective masks, jackets and safety tipped foils. An equipment rental fee of \$29 should be made payable to VAF on the first day of class. Also, a waiver must be signed by a parent/legal guardian on the first day.

Location: VA Academy of Fencing

Activity #	Date	Time	Fees
Fencing 9-13yrs			
120504-A	Mon: 9/20-10/25	6-7pm	R: \$93 / NR: \$103
120504-B	Thu: 9/23-10/28	5-6pm	R: \$93 / NR: \$103
Fencing 14 and up			
120504-C	Sat: 9/18-10/23	1-2pm	R: \$93 / NR: \$103
120504-D	Tue: 9/21-10/26	8-9pm	R: \$93 / NR: \$103

Self-Defense 13 & up

Intro to Martial Arts for Women. If you're a woman who's curious about martial arts and wants to learn some self-defense, this is the class for you. Get an intro to the basics of a variety of martial arts styles, and learn how to apply specific techniques to defend yourself from the full spectrum of threats and attacks. This class is different from our previous Women's Self-Defense class, with a slightly different format, and incorporates new and different material. This is a HANDS-ON class, so wear something comfortable and be prepared to get physical!

Instructor: Tom Mulczynski

Location: Teen Center

Activity #	Date	Time	Fees
150413-A	Mon: 9/13-11/15*	7-8pm	R: \$113 / NR: \$123

*No class dates 10/11

Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis! Join FirstServe Tennis Academy on court for first-rate instructional programs for players of all abilities ages 4-adult! Gregg Deinhart and Stephan Schlagenhauf are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment. By keeping class size small, students benefit from individual attention that leads to quick results. Introductory lesson ratios for tots and adults are 4:1; and 6:1 for juniors. Lessons by Appointment are also available so you can set up a lesson plan that fits in your schedule. Students should bring water to every session! Tennis rackets are required! Contact FirstServe Tennis Academy for program, racket and equipment recommendations. Call **703-868-8172** or visit **www.tenniseveryone.net** for more information.

LESSONS by APPOINTMENT:

March 1 – November 1; Ages 4 through Adult

Contact FirstServe Tennis Academy (FSTA) directly to set up time and dates for individual, semi-private and private group lessons. 30-minute prorated lessons are available for ages 4-6 ***Please note:** Cancellations within 24 hours of the scheduled lesson time will be charged 100% of the lesson tuition.*

Fees:

Private (one student): \$55/hr

Semi-Private (two students): \$35/hr/student

Small Group (3 students): \$30/hr/student

Small Group (4 students): \$25/hr/student

Large Groups/Special Events/Birthday Parties, etc.

Contact FSTA for Season Pass Discounts

Little Shots- Intro to Tennis 4-6 years

An introduction through fun games and activities designed to build hand-eye coordination and familiarity with the tennis ball and racket. A tennis racket is required. Ratio 4:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
120901-A	Wed: 9/8-10/27	2:30-3:15pm	R: \$144 / NR: \$154

Tennis1: Rally, Serve, Score 6-13 years

Through fun skill-building games beginners and advanced beginners learn and develop the fundamental strokes. Students are encouraged to repeat this class until they can consistently put the ball in play. Ratio 6:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
Tennis 1 Ages 6-8			
120902-A	Wed: 9/8-10/27	3:30-4:30pm	R: \$144 / NR: \$154
Tennis 1 Ages 8-10			
120902-B	Wed: 9/8-10/27	4:30-5:30pm	R: \$144 / NR: \$154
Tennis 1 Ages 10-13			
120902-C	Wed: 9/8-10/27	5:30-6:30pm	R: \$144 / NR: \$154

Tennis 1- Adult Beginner 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. Students are encouraged to repeat this class until they can consistently put the ball in play. Player-Coach ratio is 4:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
AM Beginner			
150901-A	Tue: 9/7-10/6	9:30-10:45am	R: \$200 / NR: \$210
PM Beginner			
150901-B	Tue: 9/7-10/27	7-8:15pm	R: \$200 / NR: \$210
150901-C	Wed: 9/8-10/27	8:15-9:30pm	R: \$200 / NR: \$210

Tennis 2- Match Play & Drill 7 & up

The league encourages tennis players to experience competitive tennis and learn sportsmanship in a team environment. Each week, each player takes part in both a drill clinic/practice session and a match day. Every student receives a FirstServe Tennis T-shirt. Prerequisite: Tennis I, similar playing experience or coach's recommendation. Modified Match Play League: Modified rules, equipment and scoring will help introduce match play to our future tennis stars. High School Prep League: Open to players who understand the basic strokes, can serve, and keep score. No-Cut Varsity League: Created for players currently competing for their high school or for those developing skills to tryout for their high school teams.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
Ages 7-10 Play League			
130901-A	Fri: 9/10-10/17	5:15-6:15pm	R: \$168 / NR: \$178
Ages 11-13 Prep Leag			
130901-B	Fri: 9/10-10/15	4-5:15pm	R: \$210 / NR: \$220
Ages 14-18 Var. Leag			
130901-C	Fri: 9/10-10/15	6:15-7:15pm	R: \$210 / NR: \$220
Ages 18 & up AM Match Play Drill			
150902-A	Wed: 9/8-10/27	9:15-10:45am	R: \$180 / NR: \$190
150902-B	Wed: 9/8-10/27	10:45am-12:15pm	R: \$180 / NR: \$190
Ages 18 & up PM Match Play Drill			
150902-C	Wed: 9/8-10/27	7-8:15pm	R: \$200 / NR: \$210

Tennis 3- Intermediate/ Adv. 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combined with match play. Player-Coach ratio is 4:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
150903-A	Tue: 9/7-10/26	8:15-9:45pm	R: \$180 / NR: \$190

Fitness Classes

Step Aerobics 14 & up

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

Instructor: Pam Doran

Activity #	Date	Time	Fees
Step Aerobics			

Location: Senior Center-Full

150404-A	Mon: 9/13-12/16*	6:30-7:30pm	R: \$161 / NR: \$171
150404-B	Wed: 9/15-12/16	6:30-7:30pm	R: \$173 / NR: \$183

Rise and Shine Step

Location: Dance Studio

150404-C	Sat: 9/18-12/18*	9-10am	R: \$149 / NR: \$159
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*No class dates 10/11, 11/27, 12/4

Body Toning 18 & up

This 60 minute class starts with a low-impact warm-up, followed by light weights and resistance work to sculpt and tone all body parts, both upper and lower. This workout also includes abs and back exercises to balance out the body and increase torso strength.

Instructor: Eileen Cutrona

Location: Senior Center-Right

Activity #	Date	Time	Fees
150405-A	Tue: 9/14-12/16	6:30-7:30pm	R: \$173 / NR: \$183
150405-B	Thu: 9/16-12/16*	6:30-7:30pm	R: \$149 / NR: \$159

*No class dates 11/11, 11/25

Noon Workout

18 & up

Get a great lunchtime workout. Class incorporates a variety of aerobic and strength training activities including weights, floor exercises, steps and kickboxing techniques.

Instructor: Pam Doran

Location: Dance-Left

Activity #	Date	Time	Fees
150407-A	Tue/Thu: 9/14-10/28*	12:10-1pm	R: \$173 / NR: \$183
150407-B	Tue/Thu: 11/2-12/16*	12:10-1pm	R: \$149 / NR: \$159

*No class dates 11/11, 11/25

Kukuwa Dance Workout 18 & up NEW!

KDW® is a low impact/high energy choreographed workout designed to target your cardiovascular system, improve your fitness level and pump fun through your veins. It is open to participants of all fitness levels. You can burn 970 fat calories in a 60 minute KDW® class. Get ready to work muscles you didn't realize you had.

Instructor: Divine Senyo

Location: Dance-Right

Activity #	Date	Time	Fees
150429-A	Thu: 9/16-12/9*	6:30-7:30pm	R: \$91 / NR: \$101

*No class dates 11/11, 11/25

Class Cards!

Can't commit to an entire session of step aerobics? Want to take a variety of classes, but not sure which ones? The Falls Church Class Card is for you! The card entitles you to take the following classes: Step Aerobics, Body Toning, Noon Workout & Kickboxing. Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes.

Fees: R: \$80 / NR: \$90 / Senior Residents: \$40

Kick Boxing Aerobics 14 & up

Kick and punch out your stress through an aerobic workout. Class includes warm-up, calisthenics and skill development: kicks, punches, jabs, hooks, uppercuts and combinations. Wrist wraps will be provided.

Instructor: Pam Doran

Location: Senior Center-Full

Activity #	Date	Time	Fees
150417-A	Tue: 9/14-12/14*	7:30-8:30pm	R: \$149 / NR: \$159

*No class dates 11/2, 11/23

Zumba Latin Aerobics 18 & up

Zumba (pronounced as zoomba) is a unique and exciting high energy aerobics class that incorporates mainly Latin movements and rhythms as well as a diversified mix of worldly exotic flavors. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as the gluteus, legs, arms, abdominals and most importantly, the heart! The dance steps are easy to follow and students can adjust their aerobic level by either increasing or decreasing their pace and amount of movements. No experience is necessary to enjoy Zumba.

Instructor: Dream In Color

Location: Teen Center

Activity #	Date	Time	Fees
150415-A	Tue: 9/14-12/7*	7:30-8:30pm	R: \$83 / NR: \$93
150415-B	Thu: 9/16-12/9*	7:30-8:30pm	R: \$75 / NR: \$85

*No class dates 11/2, 11/11, 11/25

FIT 4 MOMS, LLC

is a company dedicated to hard-working women who are serious about a healthy lifestyle and proper exercise techniques. The trainers incorporate a variety of disciplines such as core strength training, cardio, yoga, sports conditioning and stretching to create a fun and unique experience. Children are welcome and can join in the fitness fun as our Child Fitness Lead entertains their gross and fine motor skills through various games and movement. ***Register through Sheila for further class information.**

9:45am-10:45am Monday – Friday

Falls Church Community Center

www.fit4moms.com 202-549-7084

Stress Burner Yoga All Ages

In this class we will learn a concise, daily yoga routine to help restore balance and energy in our busy lives. Our goal is to establish stress-reducing yoga as a healthy, daily habit for energy renewal for the rest of our lives. Study materials and individual commitment will be required.

Instructor: Unyong Waide

Location: Community Room

Activity #	Date	Time	Fees
150406-A	Wed: 9/15-12/1	7:30-8:30pm	R: \$240 / NR: \$250

Gentle Yoga 18 & up

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program. No previous yoga experience necessary; all levels welcome. Mats are available.

Instructor: BodyMoves Fitness, LLC

Location: Community Room

Activity #	Date	Time	Fees
150402-A	Thu: 9/16-12/9*	9:30-10:25am	R: \$130 / NR: \$140

*No class dates 11/11, 11/25

Pilates With Props 18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Material fee in class to purchase a burst-resistant, 55-cm ball from instructor or bring your own.)

Instructor: BodyMoves Fitness, LLC

Location: Community Room

Activity #	Date	Time	Fees
150409-A	Tue: 9/14-11/30	7-7:55pm	R: \$141 / NR: \$151

Yoga for EveryBody 18 & up

Feeling stressed? Learn to breath, stretch and relax. This gentle traditional approach to yoga is guaranteed to reduce stress while increasing your strength, flexibility and stamina. You can improve your health and well being through yoga postures (asanas), breath techniques (pranayama) and deep relaxation (yoga nidra/meditation). Regular practice of yoga brings balance to the body, mind and soul. Class is suitable for all levels and abilities. A traditional yoga practice places a greater emphasis on physical and mental awareness than on executing the perfect posture. Please bring your own mat.

Instructor: Sharon "Sam" Meehan

Location: Community Room

Activity #	Date	Time	Fees
150411-A	Thu: 8/26-10/7*	7:15-8:45pm	R: \$66 / NR: \$76
150411-B	Thu: 10/14-12/16*	7:15-8:45pm	R: \$88 / NR: \$98

*No class dates 9/2, 11/11, 11/25

Yoga for Fitness 18 & up

This class introduces participants to fundamentals of yoga practice—including asanas (poses), breathing techniques, and body awareness—and is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work safely and gently to increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

Instructor: BodyMoves Fitness, LLC

Location: Community Room

Activity #	Date	Time	Fees
150410-A	Mon: 9/13-12/6*	12-1pm	R: \$130 / NR: \$140
150410-B	Tue: 9/14-12/7*	8-8:55pm	R: \$141 / NR: \$151

*No class dates 10/11, 11/22, 11/23

Yoga Nidra-Ultimate Relaxation 18 & up

NEW!

Yoga Nidra is a systematic method of inducing complete physical, mental and emotional relaxation. Relaxation is reached by turning inwards, away from outer experiences. This method of deep relaxation has been scientifically proven to reduce stress, lower blood pressure and induce a peaceful state of well being. Bring your yoga mat and a beach towel or small blanket to cover up with as your body temperature will drop during the practice. If you are not used to lying on the floor, bring an additional blanket or small pillow for your comfort. The program includes a brief explanation, extended practice followed by a few very gentle stretches to extrovert your attention. No prior experience needed. Come and experience complete bliss through the practice of Yoga Nidra!

Instructor: Sharon "Sam" Meehan

Location: Art Room

Activity #	Date	Time	Fees
150416-A	Wed: 10/27	7:30-8:30pm	R: \$15 / NR: \$20

Senior Fitness Program 50 & up

It is a well-proven fact that age has no bearing on your ability to greatly improve your physical condition; so don't listen to all the nonsense that you may hear about "growing old". Join our Accomplished Citizen Fitness Program taught by a Certified Professional Trainer/Corrective Exercise Specialist. The total program will concentrate on Core Strengthening and Full-Body Workout, as well as specific exercises designed to help alleviate problems related to: arthritis, carpal tunnel, rotator cuff, stability, vertigo, breathing, & weight-loss, as well as nutritional advice. IT'S NEVER TOO LATE!! Sign up now and start feeling better both physically and mentally.

Instructor: Capitol Fitness

Location: 1/2 Gym Back Door

Activity #	Date	Time	Fees
160406-A	Mon/Wed: 9/13-12/8*	10-11am	R: \$200 / NR: \$210
160406-B	Mon: 9/13-12/6*	10-11am	R: \$100 / NR: \$110
160406-C	Wed: 9/15-12/8	10-11am	R: \$100 / NR: \$110

*No class dates 10/11

Pet Education

Preparing Your Dog for Baby 16 & up

Are you expecting a new human addition to your family and wondering about your dog? This class is designed to cover the basics of how to keep everyone safe and make the transition less stressful for everyone. Topics include basic safety principles, ways to help your dog see the baby as a welcome addition, and how to apply some basic obedience skills to make everyday life with a baby easier. Class includes demonstrations. Do not bring your dog to this class.

Instructor: C&C PALS

Location: Teen Center

Activity #	Date	Time	Fees
150720-A	Wed: 9/15	6:30-9:30pm	R: \$60 / NR: \$70

Basic Dog & Pup Obedience 16 & up

This class offers lots of fun & socialization for puppies/dogs. Basic commands are covered: Sit, Down, Recall, Down Stay and Loose-Lead Walking. In addition, owners learn how to promote good household manners, and how to deal with common doggy problems such as jumping, mouthing & biting and pulling. Puppies (dogs under 5 months of age) also enjoy a playgroup at the end of class, which teaches them how to relate to and interact appropriately with other dogs and also how to respond to their owners while playing. (Puppies must have their second set of shots before they come to class, which is Week 2. All dogs over 4 months must have full vaccinations or titers by Week 2.) Week One is an orientation for owners only (no dogs). Class is 6 weeks (6 hrs.), one hour/week, plus an additional 15 minutes for puppies under 5 months. Everyone in the family is encouraged to come to class! Please bring a copy of your dog's shot records.



Instructor: C&C PALS

Location: Art Room

Activity #	Date	Time	Fees
150717-A	Thu: 9/16-10/28*	6:30-7:30pm	R: \$150 / NR: \$160

*No class dates 10/21

Dog Training Theory & Tech. 16 & up

Not getting the results you had expected from your previous dog-training efforts? What really motivates your dog's behavior? This class debunks the many myths surrounding dog training and replaces it with the new generation of dog training theory based on years of animal study. Better understanding why past training may or may not work. Get the positive result you want by applying these techniques research studies have shown to be the most successful. Do not bring dogs to this class.

Instructor: C&C PALS

Location: Community Room

Activity #	Date	Time	Fees
150716-A	Mon: 10/4	6:30-9:30pm	R: \$60 / NR: \$70

Rev Up Your Recall 16 & up

Has your dog stopped coming when you call? Is your dog becoming slower and slower on his recall? Does she take detours on her way to you when you call her? Do you want to get a speedier and more reliable recall? This class focuses solely on building up your recall with activities and games that you will be able to also do at home to keep your recall strong once you rev it back up! This class is designed for dogs and handlers who have previously had basic obedience using positive motivational training methods ONLY. Dogs exhibiting aggressive or reactive behavior will not be permitted in the class.



Instructor: C&C PALS

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
150703-A	Wed: 10/27-11/3	6:30-7:30pm	R: \$60 / NR: \$70

Pet Emergencies & First Aid 16 & up

Our pets are part of the family and knowing how to recognize an emergency is crucial. Learn basic procedures for caring for sick, injured, or poisoned pets. Be confident in providing the immediate and temporary care necessary for animals until professional veterinary help is available. Do not bring pets to this class.

Instructor: C&C PALS

Location: Community Room

Activity #	Date	Time	Fees
150718-A	Mon: 11/1-11/8	6:30-9:30pm	R: \$115 / NR: \$125

Choosing the Right Dog for You 16 & up

Picking your lifelong companion is often an "emotional" buy. Don't wait until the dog is in your home to find out it is not a good match. We will discuss various factors that will help in this decision process, including general issues and characteristics of breeds but just as importantly your lifestyle factors, such as your age, activity level, where you live, how much travel, etc. Besides your likes and dislikes in looks and temperament you need to consider where to look for the "right" dog and if you are ready for a puppy, adolescent or adult pet.

Instructor: C&C PALS

Location: Community Room

Activity #	Date	Time	Fees
150719-A	Mon: 11/22	6:30-9:30pm	R: \$60 / NR: \$70

COME JOIN A FALLS CHURCH CLUB!!!

All clubs looking for more members.

The City of Falls Church Concert Band

The City of Falls Church Concert Band is a community band that performs an entertaining mixture of marches, classical pieces, Broadway show medleys, regional tunes, and American classics. Membership is open without audition to all concert band musicians from all over the area. Music Director Adam Levowitz brings not only a lot of musical experience and professionalism to the band, but also a friendly, lighthearted atmosphere. Rehearsals are held on Wednesday nights 7:45-9:45pm at the George Mason High School, 7124 Leesburg Pike, in Falls Church. Visit the band website at www.fallschurchconcertband.org

Language Clubs

German Conversation- Tuesdays at 10am

Italian Conversation- Wednesdays at 1:30pm

French Conversation- Thursdays at 10am

Come sit back, relax and enjoy some great conversation.

All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs.

Please call the Senior Center at **703-248-5020** for more information.



Golden Age Bingo Club

The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some Bingo, have fun, socialize and meet new friends. Besides Bingo, the group has raffle drawings, parties, and goes on trips. This group is run by a senior. Small fee of 25 cents per card applies. Please call the Senior Center at 703-248-5020 for more information.

Bridge Club

Social Bridge – Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting.

Contract Bridge- Meets every Friday at 9am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player.

Please call the Senior Center at **703-248-5020** for more information.



Garden Club

The Falls Church Garden Club is a city sponsored local horticultural organization open to anyone. Annual membership is \$15. The club meets on the first Tuesday of the month with the exception of July and August when there are no meetings. Meetings are held at the Community Center at 7:30pm and generally feature a gardening related speaker as well as a social time and some of the best cookies in town. Additional activities include club trips, plant exchanges and a spring plant sale with proceeds from the sale going toward the betterment of all aspects of gardening in our area. A monthly newsletter is also published with news of club activities. For more information go to www.fallschurchgardenclub.org or you may call Linda Martin at **703-698-5081**.



Falls Church Senior Center Activities

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Division of the Community Services Department. A wide range of activities is offered Monday-Friday along with a lunch program available on Monday, Wednesday, and Friday. Please call **703-248-5020** for more information.

Hours of Operation: Monday-Friday, 9am-3pm.

Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

Armchair Travel Day

Meets the fourth Friday of every month. Come join us for a trip around the world-without having to pack a suitcase. A Falls Church librarian rounds out the experience with videos, books and printed material about each month's destination.

Bingo

Meets every Wednesday from 10am-1:30pm.

Birthdays with Beryl

Join us on the second Wednesday of the month at 12 noon to celebrate all the birthdays in the month with tasty treats.

Blood Pressure

Held every other Tuesday from 9-10am.

Bridge

Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Monday's social bridge group meets at 10am and Friday's contract bridge group meets at 9am.

Card Games

Join us every Tuesday at 1:30pm for card games - Canasta, Hand and Foot, Rummy, etc

Canasta

If you are up for the challenge, or would like to socialize and play a friendly game of Canasta, come every Monday at 10am

Checkers Challenge

Every Wednesday at 10:30am.

Foreign Language Conversation Groups

All groups looking for new members. Informal, drop-in groups meet weekly:

German group Tuesdays 10am

Italian Conversation Wednesdays at 1:30pm

French group Thursdays at 10am

Game Day

Come every Friday at 9am for FUN and games.

Golden Age Bingo Club

Meets every Tuesday from 10am-1:30pm.

Intergenerational Knitting and Crocheting

Come learn how to knit and crochet. All levels encouraged. All materials are provided at no charge. Come join us every Thursday at 10am.

Military History

Join this enthusiastic group on alternate Fridays starting September 10am. Selected topics include WWII, Korea and Vietnam War.

Movie Day

On the first Friday of each month, you can see a movie on the "The Big Screen" at 10am in the Teen Center.

Nutritionist

A nutritionist provides healthy eating tips every third Wednesday at 12 noon.

Rummikub Challenge

Come every Wednesday at 1:30pm and play a friendly game of Rummikub

Scrabble Challenge

Every Tuesday at 1:30pm.

Walking Group

Meets Thursdays from 10:15am-12:15pm, except the first Thursday of the month, 10:15am-1:15pm (bring a bag lunch).

SPECIAL SENIOR PROGRAMS

September: Fall Celebration

October: Halloween Party – Costumes encouraged!

November: Thanksgiving Luncheon

December: Holiday Party

LUNCH BUNCH

Join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at noon. Van leaves at 11:30am Due to Columbus Day, we will meet on the 3rd Monday in October.

Monday, September 13 Friday's

Monday, October 18 Golden Corral Buffet

Monday, November 8 Cracker Barrel

Monday, December 13 Red Lobster



SENIOR CENTER ARMCHAIR TRAVEL

Presented by staff from the Mary Riley Styles Public Library at 10:30am on the fourth Friday of each month in the Teen Center.



September 24: Uzbekistan: the places, the music (Running Time: 57 minutes)

This tour of Uzbekistan takes us to Bukhara and to Khiva, former oases on the old Silk Road that joined East and West. Their great buildings, mosques and medrese, reflect their former importance under successive rules, with monuments of Islamic architecture and decorative art. The music chosen provides an apt accompaniment to the tour. Listen to Sheherazade and Sadko as we explore together.



October 22: Xi'an; a cultural tour with traditional Chinese music (Running Time: 66 minutes)

We'll travel together to the capital of Shaanxi Province, Xi'an, its name translating as "Western Peace". There the Big Wild Goose Pagoda, completed in 704, is one of the oldest structures in China. Also of interest is the tomb of the Emperor Huang, regarded as the founder of the unified Chinese nation and the remarkable terracotta warrior and horses discovered around the mausoleum of Qin Shi Huang Di, who died in 210 B. C. The tour ends with views of the precipitous Huashan (Flower Mountain), so called from its five peaks, grouped in the shape of a great flower. The music chosen for this tour is played on traditional Chinese instruments.

November and December 2010 are not scheduled due to the holidays.

JOIN US FOR THE SENIOR OLYMPICS 2010 Senior Olympics

September 18 –September 29

Open to residents 50 years of age and older.
Saturday, September 18—Opening Ceremony and Track Events,
Free Health Fair, Traveling Bicycle Museum

Saturday, September 25 – Field Events

September 20 thru September 29 – Events

New events added this year- Bocce and Fencing

For more information, visit our website at www.nvso.us or call the Senior Center at 703-248-5020.



SENIOR TRIPS USING FASTRAN TRANSPORTATION

Time: 10:15am-1pm

Call 703-248-5020 for more details

Fee: \$1

September: Shoppers Food Warehouse
Fair Oaks Mall
Target

October: Wegmans
Bottom Dollar
Walmart
Fair City Mall
Costco

November: Macgruders
Dollar Tree
Kmart
Bloom

December: Fair Oaks Mall
Costco
Walmart
Springfield Mall

SENIOR TRIPS

September: Charles Town Slots and Table Games

October: Foliage Trip and out to lunch

November: Shopping Trip

December: Holiday Lights Trip

AARP Fifty Five Alive

Ages 50 and older



A refresher-driving course for licensed drivers aged 50 & older. This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two day course, which can be submitted to insurance. This certificate is good for three years. The State of Virginia mandates a discount in car insurance. Make checks payable to "AARP".

Instructor: Jack Nelson

Location: Falls Church Community Center

Class Dates: September 16 and 17

Time: Class meets on both days from 10am-3pm. (Must attend both days to receive certificates.)

Fee: \$12 AARP Members and \$14 Non-AARP Members

Registration Information

Refund Policy

The Recreation & Parks Department will provide a full credit or refund for an activity if the activity is canceled by the Department or upon request when schedule or location changes made by the Department prohibit or limit an individual's ability to attend an activity.

To request a credit or refund for any reason other than those stated above a "Request for Refund/Household Credit must be completed and submitted. All requests are handled using the following guidelines:

- When a request is made ten or more calendar days before the activity starts a refund is granted less a 20% processing fee and a credit is granted less a 10% processing fee.
- When a request is made five to nine calendar days before an activity starts no refunds will be granted, but a credit will be granted less a 10% processing fee.
- When a request is made less than five calendar days before an activity starts no refund or credit will be granted unless there is a medical reason (doctor's note required) or for relocation of at least 25 miles from the City of Falls Church. If a refund or credit is granted for medical reasons or because a class participant has moved the refund will be assessed a 20% processing fee or the credit a 10% processing fee.
- No refunds or credits will be granted once an activity has ended.

The Recreation and Parks Department reserves the right to correct any misprinted item in this publication. Any corrections will be available online and at the Falls Church Community Center front desk.

CHARGE IT! We accept DISCOVER, VISA, MASTERCARD and AMERICAN EXPRESS. Checks should be made payable to the "City of Falls Church."

Fees: Payment must accompany registration.

Confirmations: You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

Late Registration: Late registrations are accepted if an opening is available.

Senior Citizens: Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

Financial Aid: Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call 248-5077 for more information.

Register Early: All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

INCLEMENT WEATHER POLICY: Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5077.**

Registration Dates
Residents: August 23
Non-Residents: August 30



Registration Starts

Falls Church City Residents:

Monday, August 23, 2010

Non-City Residents:

Monday, August 30, 2010

How to Register

WALK-IN: At the Falls Church Community Center, 223 Little Falls St. We accept checks, cash (exact change only), credit cards, and debit cards. Once you have entered our computer system, there are no registration forms to fill out!

Registration Hours

Monday-Thursday 8am to 10pm
 Friday 8am to 11pm
 Saturday 8:30am to 11pm
 Sunday 12pm to 6pm (January-March)
 Sunday 2pm to 6pm (April-December)

MAIL-IN: Mail-in registrations are processed the second day of registration. Complete the Household Registration Form (below); include payment by check or with a credit card and mail to: **Falls Church Recreation & Parks, 223 Little Falls St., Falls Church, VA 22046**

PHONE-IN: There will be no phone-in registration on the first day of resident (Aug. 23) and non-resident registration (Aug. 30). Phone-in registration will start on the second day of registration either Aug. 24 or August 31. **To register by phone, please call 703-248-5077** and have your credit card ready.

Note: In-person registration takes priority over mail and phone-in. No applications will be processed prior to the beginning registration dates. Registrations received prior to these dates will be held and included with the mail received on the first day of registration.

ON-LINE: Online registration is here! Online registration can be found on the internet by going to **www.fallschurchva.gov** and clicking on the Falls Church Recreation and Parks Department Online Registration logo. Full payment is required at the time of registration and you must use a credit card (American Express, Discover, Master Card, or Visa).



Primary Household Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone Number: () _____ Work Phone Number: () _____

Email address: _____

Emergency Contact and Phone Number: _____

☐ Special Assistance is needed for one or more of individuals listed on registration. (Contact us at 703-248-5077)

Please Explain: _____

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: _____ Date: _____

(Signature of parent/guardian if under 18)

Payment Method: ☐ Check ☐ Credit Card - circle: Visa, Mastercard, American Express, Discover

Credit Card Number: _____ Exp Date: _____

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Please read class information carefully and make checks payable to City of Falls Church.					Total



223 Little Falls St.
Falls Church, VA 22046

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Facility Rentals

The Falls Church Recreation and Parks Department welcomes the opportunity to serve you as a rental patron. Rooms in the Community Center, picnic shelters, and the Cherry Hill Farmhouse are available for rent to residents and non-residents, businesses and civic organizations.

Anyone wishing to rent space must fill out an "Application for Use of Facilities and Equipment" form, which is available at the Community Center and online at www.fallschurchva.gov. We will can also mail or fax it to you. Below are the general guidelines to follow when applying for rentals:

- Applicants must be at least 21-years-old.
- It is helpful to include set-up instructions and requests for any equipment that may be needed (example: number of tables and chairs, microphone, coffee pot, projector, etc.). Room layout diagrams are appreciated.
- Be sure to include your set-up and clean-up time in the reservation request. For example, if your event will be held from 2-4pm., you might need to get into the room at 1:30 to set-up your meeting materials or party decorations and then you might need a minimum of one-half hour afterwards to clean up, so your reservation request would be 1:30-4:30pm.

- Parties require a security deposit. The deposit will be returned if the rental facility is left in good condition and equipment is not damaged.
- Requests should be made as far in advance as possible. Requests to reserve rooms may be made up to four months in advance. **It takes approximately five weekdays to process requests.** Reservations are not final until the Director approves the request. Staff will contact you as soon as the reservation is approved. Do not send out notices or invitations until your request is approved.

For more information, visit www.fallschurchva.gov or call 703-248-5077. You can pick up a rental package at the Community Center, 223 Little Falls St.

